

#### Packer

#### 163272 - Lentils Green French



FRENCH GREEN LENTILS ARE BLACK AND GREEN DAPPLED LENTILS. THEY HAVE A RICH FLAVOR AND HEARTY TEXTURE. LENTILS ARE A GOOD SOURCE OF IRON AND CALCIUM, AND DO NOT NEED SOAKING



#### \* Benefits

INTERNATIONAL FOODSOURCE, LLC.
FRENCH GREEN LENTILS ARE BLACK AND GREEN DAPPLED LENTILS. THEY HAVE A RICH FLAVOR AND HEARTY TEXTURE.
LENTILS ARE A GOOD SOURCE OF IRON AND CALCIUM, AND DO NOT NEED SOAKING.DIRECTIONS: IN A SAUCEPAN, BRING
2 CUPS WATER OR STOCK TO A BOIL. SLOWLY ADD LENTILS WHILE STIRRING TO KEEP FROM STICKING. REDUCE HEAT TO A
SIMMER. COOK FOR 15-20 MINUTES OR UNTIL TENDER. DO NOT OVERCOOK. REMOVE FROM HEAT. DRAIN EXCESS
WATER.PLEASE SORT TO REMOVE UNWANTED MATERIAL BEFORE CONSUMING.INGREDIENTS: FRENCH GREEN LENTILS

Ingredients	Allergens			
GREEN FRENCH LENTILS	Free From:  Specifical control of the control of th			

# **Nutrition Facts**

Servings per Container 100 Serving size 45.0g (45g)

# Amount per serving

160

/alue*
1%
0%
0%
0%
10%
36%
0%
0%
2%
16%
8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

# Handling Suggestions

COOL, DRY PLACE

# **Serving Suggestions**

1/8 CUP. BOIL AND ADD TO RECIPES

## Prep & Cooking Suggestions

UNPACK AND BOIL



### **Product Specifications**

Brand Manufacturer		Product Category		
Packer	International Foodsource	Fruits & Vegetables, Frozen or Canned		

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032100044	80031	163272	00790429800311		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.35lb	10lb	Canada	No	

Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
12.4in	10.3in	5.6in	0.41ft3	21x10	240days	60°F / 77°F	





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#### Nutrition Analysis - By Measure

Calories	160	Total Fat	0.5g	Sodium	0mg
Protein	11	Trans Fats		Calcium	30mg
Total Carbohydrates	28g	Saturated Fat	0g	Iron	2.8mg
Sugars	0g	Added Sugars	0g	Potassium	370mg
Dietary Fiber	10g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	Folate			Riboflavin	
Magnesium	Magnesium Vitamin B-6			Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

## Additional Images



