

#### Camellia

#### 180112 - **Lentils**



Lentils are small, round, tasty, and versatile, not to mention loaded with protein, fiber, and other nutrients like folic acid, iron, and magnesium. Lentils are great as a meat replacement for vegetarians or vegans.



#### \* Benefits

Lentils are small, round, tasty, and versatile, not to mention loaded with protein, fiber, and other nutrients like folic acid, iron, and magnesium. Theyre great as a meat replacement for vegetarians or vegans (think spicy lentil tacos!) but also stand on their own as a flavorful and healthy addition to soups, stews, casseroles, and salads.

Ingredients	▲ Allergens
Lentils	Free From:  Conception:  Concep

# **Nutrition Facts**

Servings per Container 9 Serving size 1/4cup (51g)

Amount per serving Calories

180

% Da	ily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 13g	
No. 1 D.Ocean	00/
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 3.24mg	18%
Potassium 238mg	7%

\* 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

Store in dry place UNIT UPC: 071054000148

## **Serving Suggestions**

Serve over rice or as a side dish

#### Prep & Cooking Suggestions

Boil for 1.5 hours

# Product Specifications

Brand	Manufacturer
Camellia	L.H. Hayward and Co. LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
071054000148	1801-12	180112	00071054120143		12/1 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.2lb	12lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
8.5in	9in	6in	0.27ft3	20x7	475days	60°F / 77°F





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# Nutrition Analysis - By Measure

Calories	180	Total Fat	0.5g	Sodium	5mg
Protein	13	Trans Fats	0g	Calcium	26mg
Total Carbohydrates	32g	Saturated Fat	0g	Iron	3.24mg
Sugars	1g	Added Sugars	0g	Potassium	238mg
Dietary Fiber	5g	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		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images		

