

## BASIC AMERICAN

# 675019 - Pasta Penne Lentil Gf S/O

Yield: 14.5 LB prepared per case. Delicious pasta packed with protein. Made with 3 simple ingredients, a good source of protein and fiber, vegan/vegetarian and gluten free make it a fit for all diets and pasta lovers.



		<b>Nutrition Facts</b>		
	Basic American Food plant-based protein	Servings per Container Serving size 202(56g)Dry,About3/		
	LENTIL PENNE	Amount per serving Calories	200	
VLan	- Gluten Free	% Daily Va		
	No Afficial Revers, Colors or Pessenditors Vegan Complete Protein * 21g Protein*	Total Fat Og	0%	
	NET WT 5 LBS (2.26kg) ©	Saturated Fat 0g	0%	
		Trans Fat 0g		
		Cholesterol 0mg	0%	
* Benefits		Sodium Omg	0%	
		Total Carbohydrate 38g	14%	
Yield: 14.5 LB prepared per case, 58, 4-oz servings po Very Low Sodium *Per 100g	er case (29 servings per pouch).	Dietary Fiber 3g	11%	
Gluten Free No artificial flavors, colors or preservatives Vegan		Total Sugars 0.7g		
Complete Protein - 21g Protein per 100g Portion		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 12g		
		Vitamin D 0.3mcg	2%	
RED LENTIL FLOUR, WHITE RICE, PEA PROTEIN	Free From:	Calcium 10mg	1%	
PEA PROTEIN	crustaceans () eggs () fish () milk	Iron 2.8mg	16%	
	Soy peanuts 🛞 sesame 🛞 soy 🛞 tree nuts	Potassium 370mg	8%	
	() wheat	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.		

Handling Suggestions

Store cool dry (less than 80 degrees F)

#### Serving Suggestions

Lentil Penne works with your favorite sauce or in your favorite recipe similarly to traditional pasta and packs a protein punch.

#### Prep & Cooking Suggestions

To Precook1: Add 1 bag boiling water. Reduce heat to medium-high, stir occasionally. 2: Cook 5-7 minutes. (to desired tenderness) 3: Drain, rinse. 4: Chill in ice water, drain. Refrigerate covered. Reheat. Tips: Blanch for 30-60 sec or steam in perforated pan on high for 1-2 mins; Hold hot at 145\*F until service.

## Product Specifications

Brand			Manufacturer					
BASIC AMERICAN				Basic American Foods, Inc.				
MFG #	ŧ	SPC #		GTIN		P	Pack	Pack Desc.
10847	,	675019	1001	10011140108478			2	2 / cs
Gross Weight Net Weight		ght Cou	ountry of Origin		Kosher		Child Nutrition	
10.65	5lb	10lb		USA		Yes		No
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf L	ife	e Storage Temp From/To	
13.18in	9.43in	6.61in	0.48ft3	15x6	730DA	YS	0°F / 80°F	





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Nutrition Analysis - By Serving

Calories	200	Total Fat	Og	Sodium	0mg
Protein	12	Trans Fats	Og	Calcium	10mg
Total Carbohydrates…	38g	Saturated Fat	Og	Iron	2.8mg
Sugars	0.7g	Added Sugars	Og	Potassium	370mg
Dietary Fiber	3g	Polyunsaturated Fat	Og	Zinc	0
Lactose		Monounsaturated Fat	Og	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0.3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



