

163272 - Lentils Green French



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 UNT...



MARKETING

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Nutrition Facts

100 Servings per container

Serving Size 45.0 GR

Amount Per Serving
Calories 160

% Daily Value*

Total Fat 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrates 28 g 9%

Dietary Fiber 10 g 40%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 11 g

Vitamin D 0 mcg 0%

Calcium 30 mg 2%

Iron 2.8 mg 15%

Potassium 370 mg 10%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
80031	00790429800311	1/10 LB				
Brand	Brand Owner	GPC Description				
Packer	International Foodsource	Lentils				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
10.35 LBR	10 LBR	No	Canada	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.4 INH	10.3 INH	5.6 INH	0.41 FTQ	21x10	463 Days	60 FAH / 77 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

COOL, DRY PLACE---UNIT UPC: 688032100044---

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - MC
- Eggs - MC
- Soybean - MC
- Wheat - MC
- Sesame - N
- Molluscs - N
- Peanuts - MC
- Tree - MC
- Fish - MC
- Shellfish - N
- Crustaceans - N

INGREDIENTS

GREEN FRENCH LENTILS

Packer

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PREPARATION & COOKING SUGGESTIONS

UNPACK AND BOIL

SERVING SUGGESTIONS

1/8 CUP. BOIL AND ADD TO RECIPES

MORE INFORMATION