

163270 - Lentil Red Split No Hull Petite Masur



INTERNATIONAL FOODSOURCE, LLC. RED SPLIT LENTILS; INGREDIENTS: RED SPLIT LENTILS; RED LENTILS ARE A GREAT SOURCE OF PLANT-BASED PROTEIN. THEY CAN BE USED TO MAKE SOUPS OR EVEN BURGERS. THEY ALSO ARE GREAT IN SALADS OR YOU CAN TURN THEM INTO PATTIES TO HAVE AS A SNACK. THEY CAN BE USED AS A SUBSTITUTE FOR MEAT IN TACOS OR BURRITOS. THEY MAKE A GREAT SUBSTITUTE FOR MEAT. VEGAN; V...



MARKETING

RED LENTILS ARE A GREAT SOURCE OF PLANT-BASED PROTEIN. THEY CAN BE USED TO MAKE SOUPS OR EVEN BURGERS. THEY ALSO ARE GREAT IN SALADS OR YOU CAN TURN THEM INTO PATTIES TO HAVE AS A SNACK. THEY CAN BE USED AS A SUBSTITUTE FOR MEAT IN TACOS OR BURRITOS. THEY MAKE A GREAT SUBSTITUTE FOR MEAT.

Nutrition Facts

100 Servings per container

Serving Size **45.0 GR**

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 27 g	9%
Dietary Fiber 10 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 12 g	

Vitamin D 0 mcg 0%

Calcium 10 mg 0%

Iron 2.8 mg 15%

Potassium 460 mg 15%

* 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		
80032		10790429800325		1/10 LB		
Brand		Brand Owner		GPC Description		
Valued Naturals		International Foodsource		Lentils		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
10.45 LBR	10 LBR	No	Canada	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.2 INH	10.2 INH	5.6 INH	0.4 FTQ	21x10	470 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: 688032030020---

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = '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

RED LENTILS

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PREPARATION & COOKING SUGGESTIONS

WASH AND COOK BEFORE CONSUMING.

SERVING SUGGESTIONS

1/4 CUP; VARIETY OF RECIPES

MORE INFORMATION