

707309 - Heirloom Lentils

The pardina lentil is known for its small size and brown colour (pardo), which gives it its name. They are prepared very traditionally, as are all our pulses, and this shows in their tenderness, with no noticeable skin, with a natural taste of pulses and only pulses. Once you try our pulses you won't want any others. Drained Weight 8.5 oz



MARKETING

Our pulses are very tender, so empty the container carefully and add at the end of the recipe with little stirring. As they are so natural, the broth can be used and added to any recipes. To empty the contents more easily you can heat the unopened container a little on a water bath.

Nutrition Facts

1 Servings per container	
Serving Size	1 container
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 500 mg	22%
Total Carbohydrates 34 g	12%
Dietary Fiber 5 g	18%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 45 mg	4%
Iron 6.4 mg	35%
Potassium 110 mg	2%

* 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		
A07309		80855985089023		9/13.7 OZ		
Brand		Brand Owner		GPC Description		
José Andrés		Rosara		Lentils		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
9.9 LBR	7.71 LBR	No	Spain	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
4.331 INH	6.496 INH	9.646 INH	0.16 FTQ	21x10	1186 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

Refrigerate after opening---UNIT UPC: 855985089027---

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

INGREDIENTS

Lentils, water, salt and to promote color retention: Ascorbic Acid and Disodium ETA.

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PREPARATION & COOKING SUGGESTIONS

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SERVING SUGGESTIONS

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MORE INFORMATION