

163269 - Lentils Black Beluga



International Foodsource Black Lentils; INGREDIENTS: BLACK LENTILS THESE TINY JET-BLACK LENTILS HOLD THEIR SHAPE WHEN COOKED AND TURN AN EYE-CATCHING BLACKISH GREEN COLOR, SIMILAR TO THAT OF CAVIAR. BLACK BELUGA LENTILS ARE GREAT IN SOUPS AND SALADS. THEY ADD DEPTH WHEN MIXED WITH PASTA OR RICE DISHES. VEGAN; VEGETARIAN; NON-GMO; GLUTEN-FREE; NOT KOSHER.



MARKETING

THESE TINY JET-BLACK LENTILS HOLD THEIR SHAPE WHEN COOKED AND TURN AN EYE-CATCHING BLACKISH GREEN COLOR, SIMILAR TO THAT OF CAVIAR. BLACK BELUGA LENTILS ARE GREAT IN SOUPS AND SALADS. THEY ADD DEPTH WHEN MIXED WITH PASTA OR RICE DISHES. VEGAN. VEGETARIAN. NON-GMO. GLUTEN-FREE. NOT KOSHER.

Nutrition Facts

10 Servings per container

Serving Size 0.125 cup

Amount Per Serving
Calories 160

% Daily Value*

Total Fat 1 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 15 mg 1%

Total Carbohydrates 27 g 9%

Dietary Fiber 8 g 32%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 12 g

Vitamin D 0 mcg 0%

Calcium 50 mg 4%

Iron 3.6 mg 20%

Potassium 0 mg 0%

* 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		
80030		00790429800304		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 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	547 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

STORE IN A COOL, DRY PLACE.---UNIT UPC: 688032030372---

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

Black Lentils

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PREPARATION & COOKING SUGGESTIONS

DIRECTIONS: IN A SAUCEPAN, BRING 2 CUPS WATER OR STOCK TO A BOIL. SLOWLY ADD 1 CUP OF LENTILS WHILE STIRRING TO KEEP FROM STICKING. REDUCE HEAT TO A SIMMER. COOK FOR 15-20 MINUTES OR UNTIL TENDER. DO NOT OVERCOOK. REMOVE FROM HEAT. DRAIN EXCESS WATER. PLEASE SORT TO REMOVE UNWANTED MATERIAL BEFORE CONSUMING.

SERVING SUGGESTIONS

BLACK LENTILS ARE GREAT IN SOUPS AND SALADS. THEY ADD DEPTH WHEN MIXED WITH PASTA OR RICE DISHES

MORE INFORMATION