Packer

163269 - Lentils Black Beluga

International FoodsourceBlack Lentils; INGREDIENTS: BLACK LENTILSTHESE 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.

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	TIxHI	Shelf Life	Storage Temp From/To
12.4 INH	10.3 INH	5.6 INH	0.41 FTQ	21x10	356 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

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.

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