

180112 - Lentils

Lentils are small, round, tasty, and versatile, not to mention loaded with protein, fiber, and other nutrients like folic acid, iron, and magnesium. They're great as a meat replacement for vegetarians or vegans (think spicy lentil tacos!) but also stand on their own as a flavorful and healthy addition to soups, stews, casseroles, and salads.



MARKETING

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Nutrition Facts

9 Servings per container

Serving Size 1/4 Cup

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrates 32 g	12%
Dietary Fiber 5 g	18%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 13 g	
Vitamin D 0 mcg	0%
Calcium 26 mg	2%
Iron 3.24 mg	18%
Potassium 238 mg	7%

* 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				
1801-12	00071054120143	12/1 LB				
Brand	Brand Owner	GPC Description				
Camellia	LH Hayward and Co LLC	Lentils				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
12.2 LBR	12 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
8.5 INH	9 INH	6 INH	0.27 FTQ	20x07	475 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 dry place---UNIT UPC: 071054000148---

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

INGREDIENTS

Lentils

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PREPARATION & COOKING SUGGESTIONS

Boil for 1.5 hours

SERVING SUGGESTIONS

Serve over rice or as a side dish

MORE INFORMATION