

Black Lentils

Certification

Kosher

Microbiological

| | |
|--------------------|---------------|
| Coliforms | < 1,000 cfu/g |
| E-Coli | Negative |
| Mold/ Yeast | < 2,000 cfu/g |
| Salmonella | < 10 cfu/g |

Physical

| | |
|--------------------------|----------------------------------|
| Appearance | Small, Dry, Black in Color |
| COOL | Lentils Black: Product of Canada |
| Flavor | Typical of Lentils |
| Foreign Materials | < 1% |
| Gluten | Gluten Free |
| GMO | Non GMO |
| Moisture | < 19% |
| Smell | No Off Odors |

Nutrition Facts

Serving Size about 1/4 cup

Amount Per Serving

| | Calories | 150 | Cal. From Fat | 5 | %Daily Value * |
|--------------------|----------|--------------|---------------|---|----------------|
| Total Fat | 0g | | | | 1% |
| Saturated Fat | 0g | | | | 0% |
| Trans Fat | 0g | | | | |
| Cholesterol | 0mg | | | | 0% |
| Sodium | 5mg | | | | 0% |
| Potassium | 480mg | | | | 10% |
| Total Carbohydrate | 25g | | | | 8% |
| Dietary Fiber | 10g | | | | 40% |
| Total Sugars | 0g | | | | |
| Includes | 0g | Added Sugars | | | |
| Protein | 12g | | | | |
| Vitamin A | | | | | 0% |
| Vitamin C | | | | | 0% |
| Vitamin D | 0mcg | | | | 0% |
| Calcium: | 0mg | | | | 0% |
| Iron | 0mg | | | | 0% |

Kosher : Kosher Parve

Ingredients / Allergen

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.

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.

INGREDIENTS: BLACK BELUGA LENTILS

PRODUCED ON SHARED EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, MILK, EGGS AND WHEAT.