

French Green Lentils

Certification

Kosher Parve

Microbiological

Coliforms < 1,000 cfu/g

E-Coli Negative

Mold/ Yeast < 2,000 cfu/g

Physical

Appearance Small, Dry, Dark Green in Color

COOL Lentils: Product of Canada

Flavor Typical of Lentils

Foreign Materials < 1%

Gluten Gluten Free

Moisture < 14%

Smell No Off Odors

Kosher : Kosher Parve

Ingredients / Allergen

FRENCH GREEN LENTILS ARE BLACK AND GREEN DAPPLED LENTILS. THEY HAVE A RICH FLAVOR AND HEARTY TEXTURE. LENTILS ARE A GOOD SOURCE OF IRON AND CALCIUM, AND DO NOT NEED SOAKING.

DIRECTIONS: IN A SAUCEPAN, BRING 2 CUPS WATER OR STOCK TO A BOIL. SLOWLY ADD 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: FRENCH GREEN LENTILS

Nutrition Facts

Serving Size about 1/4 cup

Amount Per Serving

| | Calories | 160 | Cal. From Fat | 0 | %Daily Value * |
|--------------------|----------|-----|---------------|---|----------------|
| Total Fat | 0g | | | | 0% |
| Saturated Fat | 0g | | | | 0% |
| Trans Fat | 0g | | | | |
| Cholesterol | 0mg | | | | 0% |
| Sodium | 0mg | | | | 0% |
| Potassium | 538mg | | | | 11% |
| Total Carbohydrate | 27g | | | | 9% |
| Dietary Fiber | 6g | | | | 24% |
| Total Sugars | 3g | | | | |
| Includes | 0g | | Added Sugars | | |
| Protein | 13g | | | | |
| Vitamin A | | | | | 0% |
| Vitamin C | | | | | 0% |
| Vitamin D | 0mcg | | | | 0% |
| Calcium: | 40mg | | | | 4% |
| Iron | 4.5mg | | | | 25% |