

# Organic red lentils

Dried red lentils (peeled mountain lentils) with a firm consistency. The lentils are orange-coloured, round, and have a delightfully nutty flavour. They are an excellent source of protein and fibre. Red lentils cook to a soft, floury texture, making them perfect for soups, stews, casseroles, purees, salads, oriental dishes, and spreads.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1360 kj
Calorific value kcal	325 kcal
Fat	1.4 g
Of which saturated fatty acids	0.2 g
Carbohydrates	49.3 g
Of which sugar	2.5 g
Fibers	10.6 g
Protein	23.5 g
Salt	0.09 g

## Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein

Mustard  
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Nein

Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein