

Organic black Beluga lentils

Mature, dried black Beluga lentils with a firm consistency. These noble, small-grained Canadian lentils have a spicy-nutty flavour and are an ideal ingredient in vegan and vegetarian cuisine due to their high fibre and protein content. They are excellent as a contrasting side dish, in bowls, soups, salads and stews. Black not fitting into the colour concept of your culinary creation? Then try our [Green \(marbled\) lentils organic](#) or [Organic brown mountain lentils \(Gourmet\)](#).

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1274 kj
Calorific value kcal	304 kcal
Fat	1.6 g
Of which saturated fatty acids	0.2 g
Carbohydrates	41 g
Of which sugar	1.1 g
Fibers	17 g
Protein	23 g
Salt	0.02 g

Allergene

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