

Lentils brown organic (green,

Designation: lentils brown

Description: Ripe, dried brown lentils. These lentils are also known as flat lentils because of their flat shape. They have a mild, slightly nutty flavour. They are green to brown in colour and yellow inside. Rich in protein and fibre, brown lentils are a great addition to your kitchen. They are ideal for soups and stews due to their soft cooking properties.

Preparation: To shorten the cooking time, soak the lentils in cold water for 3-4 hours, then rinse. Then cook for about 30 minutes at a low temperature in three times the amount of water, adding salt. Without soaking, cook the lentils for about 45-60 minutes. Traditional type of lentils for soups, stews or purees.

Ingridients: lentils brown*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.
Value Pack: No

ECO Control Point: DE-ÖKO-003

[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	40.6 g
Of which sugar	2 g
Of which sugar	1.1 g
Fibers	17 g
Protein	23.4 g
Salt	0.018 g
Salt	0.02 g

Allergene

Gluten-containing cereal	Nein
--------------------------	------

Example Company

Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
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