

# Organic brown lentils (Plate, Laird)

Mature, dried brown lentils. These lentils are also known as plate lentils due to their size and flat shape. They have a mild, delicately nutty flavour. Their colour ranges from green to brown, with a yellow interior. Plate lentils are rich in protein and fibre, making them a valuable addition to your kitchen. Due to their cooking characteristics, they are excellent for soups and stews. If you wish to prepare a salad, we recommend our [Green \(marbled\) lentils organic](#) or [Black lentils organic \(Beluga\)](#).

[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
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