

Lentils brown organic (red)

Designation: mountain lentils brown

Description: Dried mountain lentils with a firm consistency. The lentils are brown or speckled, round, small and flat and taste tender and nutty. Mountain lentils are particularly crunchy and remain nice and firm to the bite even after cooking for a long time. This makes them perfect for casseroles, salads and roasts. The lentils have a low fat content, are a good source of protein and have a high fibre content.

Preparation: Wash 150 g mountain lentils and bring to the boil in 400 ml vegetable broth or salted water. Simmer at low heat for about 30 minutes. They taste mildly aromatic and remain firm to the bite even when cooked for longer. Ideal for soups, salads and stews.

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	1425 kj
Calorific value kcal	341 kcal
Fat	1.1 g
Of which saturated fatty acids	0.2 g
Carbohydrates	52.7 g
Of which sugar	2 g
Fibers	10.7 g
Protein	24.6 g
Salt	0.015 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts Example Company	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