

Organic split red lentils

Dried split red lentils (peeled mountain lentils) with a firm consistency. The lentils are orange-coloured, round, and have a nutty flavour. They are an excellent source of protein and fibre. Split red lentils cook to a soft, mushy texture and do not require soaking. They are perfect for soups, stews, casseroles, purees, salads, oriental dishes, and spreads.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1455 kj
Calorific value kcal	348 kcal
Fat	1.5 g
Of which saturated fatty acids	0.2 g
Carbohydrates	51.6 g
Of which sugar	2 g
Fibers	12.1 g
Protein	25.9 g
Salt	0.025 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

Example Company

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