

Lentils red split organic

Designation: lentils red, halves

Description: Dried half red lentils (peeled mountain lentils) with a firm consistency. The lentils are orange in colour, round and have a nutty flavour. They are a good source of protein and fibre. Red lentil halves are floury and cook quickly without soaking. They are therefore ideal for soups, stews, casseroles, purees, salads, oriental dishes and spreads.

Preparation: Wash 150 g lentils and simmer in 300 ml vegetable broth or salted water for about 10 minutes. Red lentils are peeled, floury and have a mild taste. They are ideal for soups, stews, casseroles, mashed potatoes, salads, oriental dishes and spreads.

Ingridients: lentils rot*

* 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	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
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