

Lentils black organic (Beluga)

Designation: lentils black Beluga

Description: Ripe, dried black lentils (Beluga) with a firm consistency. The noble, small-grained Canadian lentils have a fine nutty taste and are perfect as a side dish, for soups, salads and stews.

Preparation: Wash 150 g Beluga lentils and boil in 450 ml water for approx. 25 minutes, then salt. The fine-grained Canadian lentils have a fine nutty taste and are perfect as a side dish, for soups, salads and stews.

Ingridients: lentils black (Beluga)*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: Yes
Organic: Yes
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	41 g
Of which sugar	1.1 g
Fibers	17 g
Protein	23 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