

Lentils green (marbled) organic

Designation: lentils green

Description: The green lentil is a particularly noble type of lentil and is grown in Canada. These lentils have a low fat content, a high fibre content and are a good source of protein.

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 green*

* 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

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	Nein
Milk	Nein

Example Company

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