

Organic Gourmet Brown Mountain Lentils 6x500g

Dried mountain lentils with a firm consistency. These lentils are brown speckled, round, small, and flat with a delicate, nutty flavour. Particularly hearty, they remain delightfully firm even after extended cooking. This makes them ideal for casseroles, salads, and patties. The lentils contain a low amount of fat, are a good source of protein, and have a high fibre content.

[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
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein

Mustard
Horst Bode Import-Export GmbH
USt-IdNr.: DE154233667

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