



Lentils are a good source of iron and phosphorous as well as having a fair amount of calcium and vitamins A and B.

Brand		Manufacturer		Product Category		
Roland		American Roland Food Corp.		Lentils Dried		
MFG #		GTIN		Pack	Pack Desc.	
46300		10041224463001		0	12/17.5 oz	
Gross Weight		Net Weight		Country of Origin		Kosher
14.00 lbs		13.20 lbs		France		
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.50 inches	4.50 inches	6.25 inches	0.32 cu ft	20x7	1080	40.00 / 75.00 FAH

INGREDIENTS

Green Lentils.

HANDLING

Lentils should be stored in an airtight container at room temperature.

SERVING

Lentils are a staple throughout much of the middle east and India, and parts of Europe. Served as a side dish or bed with lamb or beef on top. Excellent in soup, look for lentil salads in the prepared section of many health food stores and delis.

PREP & COOKING

Soak 1 cup lentils in 4 cups water with 1 tsp. salt for about 1 hour. Simmer lentils in same salted water until they are tender(about 12-15 minutes).Drain and season to taste. Serves 4-6.

Nutrition Facts

132 servings per container

Serving size 45gr

Amount Per Serving
Calories 150

% Daily Value*

Total Fat	0gr	1%
Saturated Fat	0gr	0%
Trans Fat	0gr	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	29gr	10%
Dietary Fiber	5gr	17%
Total Sugars	1gr	
Includes 0 Added Sugars		0%

Protein 11gr

Vitamin D	0mcg	0%
Calcium	0	0%
Iron	2.9mg	15%
Potassium	305mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From

Milk, Eggs, Fish, Crustacean, Tree Nuts, Peanuts, Nuts, Sesame, Soy

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NUTRITION ANALYSIS

Calories	150	Total Fat	0 gr	Sodium	0 mg
Protein	11 gr	Trans Fats	0 gr	Calcium	0
Total Carbohydrates	29 gr	Saturated Fat	0 gr	Iron	2.9 mg
Sugars	1 gr	TPolyunsaturated Fat	0	Potassium	305 mg
Dietary Fiber	5 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0	Vitamin D	0 mcg	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0