



301700S Green Puy Lentils (Centaur)



Pack Size: 1KG BAG

Details: Puy-type French green lentils have a peppery, earthy flavour and are prized by chefs for the way they hold their shape during cooking. This makes French green lentils a good choice for salads.

Allergen Information

Free from:

Soya, Celery, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

May contain:

Cereal

Suitable for:

Vegetarians, Vegan

Handling Information

Directions For Use:

Count 80g dry product per person. In a saucepan put in 3 times their volume of cold water and cook for 20 minutes.

Storage Instructions:

Store in a cool, dry place.

Product Ingredients

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Le Puy Green Lentils

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

326 kcal / 1377 kJ

Fat:

1.3 g

of which saturates:

0.2 g

Carbohydrates:

45 g

of which sugars:

1 g

Fibre:

14 g

Protein:

26.5 g

Salt:

0.03 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.