



307989C Green Puy Lentils (Osprio)



Pack Size: 4 X 3KG

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:

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

Suitable for:

Kosher, Vegetarians, Vegan

Handling Information

Directions For Use:

You can soak them for a few hours if you wish and this will reduce the cooking time by about half. Time of cooking " 15-25 minutes.

Storage Instructions:

Ambient - Cool, dry, away from direct sunlight and strong odours

Product Ingredients

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PUY LENTILS

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

292 kcal / 1238 kJ

Fat:

1.9 g

of which saturates:

0.2 g

Carbohydrates:

48.8 g

of which sugars:

1.2 g

Fibre:

0 g

Protein:

24.3 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.

