

## 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.

