

KTC Lentils Red Split Dry - Information

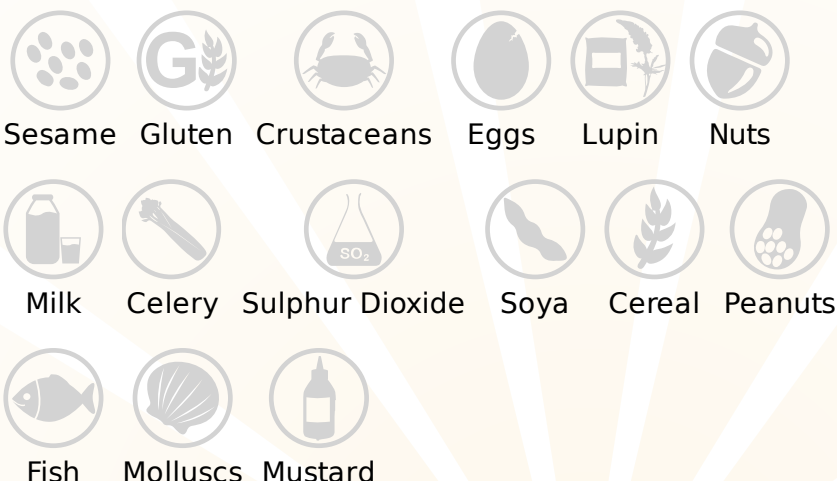
Dried and skinned red lentils

TFS Product Code: 020529
Suppliers Product Code: 4625BP
Information Last Updated: 19/01/2022
Date Produced: 13/11/2024



Allergy Information

Key: **Contains** **May Contain**



Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	318.00
Energy (kJ)	1353.00
Protein (g)	23.80
Carb (g)	56.30
Of Which Sugars (g)	0.20
Fat (g)	1.30
Of Which Saturates (g)	0.20
Fibre (g)	4.90
Salt (g)	0.09

Dietary Information

Key: **Suitable for**



Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Red Lentils 100%

Handling Information

Directions for Use

Sort through and discard any damaged lentils. Soak in water for at least 12 hours, rinse thoroughly and drain. Cover with fresh water, bring to the boil and simmer for 30-40 minutes or until tender. Perfect for dals, soups and casseroles.

Storage Instructions

Store under cool, dry conditions. Do not expose to direct sunlight or strong aromas.

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