

Product

Name	Organic Black Beluga Lentils
Description	Org beluga lentils
Code	JN277
Barcode	5056078807497
Country of Origin*	Canada
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	500g
Packaging Type*	Home Compostable Packaging (Certified)
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Shelf Life

Maximum Shelf Life	24 months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Organic Black Beluga Lentils
Allergens	For allergens, see ingredients in BOLD .

Nutritional Values per 100g

Energy	1,477kJ (352 kcal)
Fat	1.2g
Of Which Saturates	0.2g
Carbohydrates	53.0g
Of Which Sugars	2.0g
Fibre	11.0g
Protein	26.0g
Salt	0.0g

Certifications	Organic Certification
Serving Requirements	Cooking Intrusions (2 Portions) Rinse 100g of Black Beluga Lentils under the tap until the water runs clear. Place in a saucepan and cover with fresh water. Bring to the boil, cover with lid and reduce heat. Simmer for approx. 25 minutes or until cooked and tender.