

## Product

<b>Name</b>	Organic Red Split Lentils
<b>Description</b>	Just Natural Red Split Lentils are selected from the best organic growers in Turkey. Great for making Dahl dishes, soups, stews and salads.
<b>Code</b>	JN364
<b>Barcode</b>	5055177531753
<b>Country of Origin*</b>	Turkey
<b>*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.</b>	

## Packaging

<b>Net Content</b>	1kg
<b>Packaging Type*</b>	Home Compostable Packaging (Certified)
<b>*Packaging type may vary from time to time and the type stated in this document is not guaranteed.</b>	

## Shelf Life

<b>Maximum Shelf Life</b>	18 months
<b>Storage Conditions</b>	Ambient (15°C - 20°C)

<b>Ingredients</b>	Organic Red Split Lentils
<b>Allergens</b>	For allergens, see ingredients in <b>BOLD</b> .

## Nutritional Values per 100g

<b>Energy</b>	1,354KJ (325kcal)
<b>Fat</b>	1.3g
<b>Of Which Saturates</b>	0.2g
<b>Carbohydrates</b>	51.0g
<b>Of Which Sugars</b>	2.4g
<b>Fibre</b>	3.9g
<b>Protein</b>	24.0g
<b>Salt</b>	0.0g

<b>Certifications</b>	Organic, Vegan
<b>Serving Requirements</b>	Great for making Dahl dishes, soups, stews and salads. For two adult portions, place 100g of red split lentils into a saucepan and cover with fresh water. Bring to the boil, cover with lid and reduce heat. Simmer for approx. 10-15 mins or until cooked and tender.