

# THE CLEAN KILO

ZERO WASTE

SUPERMARKET



## GREEN LENTILS

### £0.25/100G

ORIGIN: CANADA

#### NUTRITIONAL INFORMATION

|                    |      |      |
|--------------------|------|------|
| Energy             | 1477 | kJ   |
| Energy             | 353  | kcal |
| Fat                | 1.6  | g    |
| Of which saturates | 0.3  | g    |
| Carbohydrate       | 59.8 | g    |
| Of which sugars    | 2.3  | g    |
| Fibre              | 30.5 | g    |
| Protein            | 25.8 | g    |
| Salt               | 0.0  | g    |

(typical values per 100g):

**INGREDIENTS:** Green Lentils

**INFO:** Lentils were one of the first cultivated crops. From the 'Laird' variety, these large lentils are usually grown in North America.

**STORAGE:** Store in a cool, dry and hygienic condition away from direct light and odours.

**SHELF LIFE:** 18 months from production. Please see dispenser for BB date.

**COOKING INSTRUCTION:** No need to soak, simply cook for 25 min. / pressure cook for 8 min.

**ALLERGENS:** The product contains traces of wheat - please read below.

**ALLERGEN STATEMENT:** Where products are indicated as not having an allergen present this refers to the product not being formulate or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed.

**NOTE:** The information is considered to be true and correct at the date of publication, changes in circumstances (i.e change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

## RECIPES COMING SOON!