



PUY LENTILS (DARK SPECKLED)

£0.35/100G

ORIGIN: CANADA

NUTRITIONAL INFORMATION

Energy	1311	kJ
Energy	309	kcal
Fat	1.9	g
Of which saturates	0.2	g
Carbohydrate	49	g
Of which sugars	1.2	g
Fibre	8.9	g
Protein	24	g
Salt	0.0	g

(typical values per 100g):

INGREDIENTS: Puy lentils (dark speckled).

INFO: Essential / Dark Speckled Lentils. A small blue/green lentil, named after the region of France.

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

SHELF LIFE: Please see dispenser for BB date.

COOKING INSTRUCTION: Puy lentils retain their shape after cooking - No need to soak, Cook for 20 mins, makes fantastic dahl.

ALLERGENS: The product itself does not contain allergens but may contain 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 formulated 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.

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