

THE CLEAN KILO

ZERO WASTE

SUPERMARKET



RED SPLIT LENTILS ORGANIC £0.30/100G

ORIGIN: TURKEY/EU

NUTRITIONAL INFORMATION (typical values per 100g):

Energy	1334	kJ
Energy	314	kcal
Fat	2.2	g
Of which saturates	0.3	g
Carbohydrate	59	g
Of which sugars	2	g
Fibre	10.8	g
Protein	25	g
Salt	0.0	g

INGREDIENTS: Organic Red split lentils

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

SHELF LIFE: Please see dispenser for BB date.

COOKING: No need to soak, cook for 10 mins. or pressure cook for 5 mins. Cooking time can be reduced by lightly frying the lentils for a few minutes before cooking.

ALLERGENS: The product itself does not contain allergens however, the following potential allergens may have come in contact with this product in transport, packing or production: Gluten, Wheat, Peanuts, Soya, Nuts, Sesame, Sulphur dioxide- 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.

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