

# NATURAL LENTILS



## PRESENTATION

Mutular lentils are very easy to cook. High in energy, these dried vegetables enjoyable anytime of the year, will satisfy the whole family both by their preserved taste as well as their nutritional qualities. Lentils, rich in iron, protein, vitamins, fibre and minerals, will bring you health balance and energy.

## COOKING ADVICE

This dish can be served hot in sauce with meat or sausages. You can also enjoy it cold in salads.

## NUTRITION FACTS

for 100 g

Protein	6,4 g
carbohydrates	11 g
Fat	1,09 g
Calories	88,2 Kcal

## INGREDIENTS

Lentils 63%, water, salt.

## AVAILABLE IN

420 g, 840 g and 4,2 kg.

