



# LENTILS SALTED PORK



## PRESENTATION

Find in your plate, with this Mutular traditional recipe, all the French Auvergnat flavours in the «Petit Salé» with lentils. A meal to enjoy anytime of the year, that will satisfy the whole family ! Lentils, rich in protein, fibre and minerals, have a reasonable calory value. A serving of lentils covers 25 to 40 % of recommended daily requirements in iron and magnesium. This delicious recipe brings you health balance and lots of benefits at each bite !

## COOKING ADVICE

Heat over low heat in a saucepan or on medium power in a suitable dish in a microwave. Season to taste (butter, gravy, etc). Serve hot.

## NUTRITION FACTS

for 100 g

Protein	10,8 g
Carbohydrates	6,53 g
Fat	6,14 g
Calories	131 Kcal

## INGREDIENTS

Lentils 46%, cooked sauce 29%, pork meat 25%

## AVAILABLE IN

840 g.

