



SAUSAGES WITH COOKED LENTILS



PRESENTATION

Discover périgourdines flavors with this traditional Mutular recipe of delicious sausages with cooked lentils ! A dish to enjoy at any time of the year and that will satisfy the whole family both for its taste and its nutritional qualities. Associated with proteins from meat, lentils, rich in protein, vitamin, fiber and minerals, bring you many 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 31%, sausages 23%.

AVAILABLE IN

840 g.

