

item 702130	Gourmet mountain lentils brown	
size 6,00 x 500,00 G	ID BIO	certification body ABCERT
country of origin: IT	customs origin: IT	
EAN carton 4006040177302	EAN piece 4006040177319	
gross weight 3,150 KG	tare weight gross	0,000
net weight 3,000 KG	tare weight net	0,000
carton size in CM	unit size in CM	
L:25,70 W:13,80 H: 17,50	L:5,50 W:8,50	H:13,00
layer/ pallet		
L:25 P:125		

additional product data

product group: secondary placement :
 replacement for:
 available from:
 languages on the label: DE
 country of origin: IT
 customs tariff code: 07134000

pallet weight (loading device included) 412,250 KG unit weight of packaging 0,000
 pallet height (loading device included) 102,000 CM unit weight of packaging 0,000

INGREDIENTS

Gourmet mountain lentils* ,
 * = organic cultivation ** = biodynamic cultivation

shelf life (wholesaler): 300 Days

allergen information (you find the current data on www.rapunzel.de)
 may production related contain **traces** of the following allergen ingredients:
 Gluten s.

nutritional regimen information vegan: yes [] no raw food: yes [] no

Production

After the harvest, the lentils are cleaned and packed.

Product Information

The gourmet lentils belong to the oldest cultivated crops. These aromatic legumes have a sweetish, peppery flavor and they take up well the aroma of herbs and spices. After cooking, the lentils still have a pleasant and somewhat crunchy bite to them.
 Rapunzel has been committed for many year to the cultivation of legumes in Europe. Cultivating domestic protein crops such as lentils, beans or lupines contributes to a more versatile crop rotation and helps to conserve soil health. Legumes can be cultivated without nitrogen fertilizers. This reduces soil pollution and at the same time, legumes also enhance soil fertility, as they can absorb atmospheric nitrogen in their roots. In addition, legumes are an important nutritional basis for pollinators such as bees.

Usage

For salads, soups, paddies or stews.

Particularities

small, waxy, cultivated in Europe, packed by Rapunzel

Packaging

PP foil

Storage

Store in a cool, dark and dry place.

Recipe

Cook 1 cup of gourmets lentils with 3 cups of water for approx. 30 minutes at low heat. Salt and season after cooking.

Legal product designation

Gourmet lentils brown

nutritional features

nutritional features (per 100g) naturally varying!
 Energy value kJ/kcal:

1280/304

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Fat:	1,50 g
Of which saturated fatty acids:	0,20 g
Carbohydrates:	40,60 g
Of which sugars:	1,10 g
Fibres:	17,00 g
Protein:	23,40 g
salt:	0,017 g

NOTES