

<b>item</b> 702630	Red lentils		
<b>size</b> 6,00 x 500,00 G	<b>ID BIO</b>	<b>certification body</b> ABCERT	
<b>country of origin:</b> IT	<b>customs origin:</b> IT		
<b>EAN carton</b> 4006040177609	<b>EAN piece</b> 4006040177616		
<b>gross weight</b> 3,150 KG	<b>tare weight gross</b> 0,000		
<b>net weight</b> 3,000 KG	<b>tare weight net</b> 0,000		
<b>carton size in CM</b>	<b>unit size in CM</b>		
L:25,70 W:13,80 H: 17,50	L:5,50	W:8,50	H:13,00
<b>layer/ pallet</b>			
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**

red lentils\* , sunflower oil\* ,  
 \* = organic cultivation \*\* = biodynamic cultivation

shelf life (wholesaler): 300 Days

**allergen information** (you find the current data on [www.rapunzel.de](http://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 brown lentils are cleaned, peeled, halved, polished with sunflower oil and packed.

**Product Information**

The mild, nutty lentil variety for the quick organic kitchen. Red lentils are peeled brown lentils that become creamy soft when cooked. No soaking required, short cooking time of 5-10 minutes.

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 soups, salads, Indian dals, purees, sauces and paddies.

**Particularities**

short cooking time - without soaking, cultivated in Europe, packed by Rapunzel

**Packaging**

PP foil

**Storage**

Store in a cool, dark and dry place.

**Recipe**

Cook 1 cup of red lentils with 2 cups of water for approximately 5 to 10 minutes at low heat. Salt and season after cooking.

**Legal product designation**

Red lentils

**nutritional features**

nutritional features (per 100g) naturally varying!

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Energy value kJ/kcal:	1280/304
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:	0,018 g

**NOTES**