



Lentils, French Green, IQF, FC

Product Details:

Item Number: 618584  
Pack Size: 12 / 2lb.  
Serving Per Case: 109  
Net Weight: 24 lbs.  
Kosher: Yes  
Meal Contribution:  
Class: Always Available  
Shelf Life: 18 months  
Temperature Class: Frozen  
Cook State: Fully Cooked  
GTIN-12 UPC:  
GTIN-14: 00810358033175

Ingredients:

French Lentils, Water

Allergen Statement:

None

Benefits and Suggested Use:

French Green Lentils are a nutritious and flavorful legume that makes a wonderful addition to your favorite recipes. Loaded with protein and fiber they are a nutrient-dense food that can be used in soups or stews, added to salads, or enjoyed as a side. Can be enjoyed hot or cold. This product is ready to use, Non-GMO, and All Natural.

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size	3.5 oz.
Amount Per Serving	
Calories	116
	% Daily Value *
Total Fat 0.38g	0.6%
Saturated Fat 0.05g	0.25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0.08%
Total Carbohydrate 12g	4%
Dietary Fiber 7g	28%
Total Sugars 1g	
Incl. Added Sugars	-
Protein 9g	-
Vitamin D	-
Calcium 19mg	1.9%
Iron 3mg	16%
Potassium 369mg	-

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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### Preparation and Additional Information:

#### Instructions for Preparation and Cooking:

The product is ready to eat. No cooking or heating is required.

If heating is desired product can be microwaved, steamed, or sautéed.

For the microwave: Poke a small hole in the bag and microwave for about 5-6 mins per bag. these times may vary based on the type and power of the microwave.

Boil in a bag/Steam in bag: Place bag in boiling water or steamer for 5-10 minutes (2 lbs)

Sautee: Preheat the pan and add a small amount of oil. Add product and cook until heated.

### Logistics Information:

**Gross Weight:** 24 lbs

**Case Dimensions:** 16.14 X 12.20 X 7.48

**Pallet Count:** 56

**Double Stack:** No

**Cube:** 0.852

**Block and Tier:** 7 and 8

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

#### National Food Group

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