

# Always Available.



## Lentils, Black, IQF, FC

### Product Details:

**Item Number:** 619689  
**Pack Size:** 35 lb. bulk  
**Serving Per Case:** 160  
**Net Weight:** 35 lbs.

**Kosher:** Yes  
**Meal Contribution:**  
**Class:** Always Available  
**Shelf Life:** 18 months  
**Temperature Class:** Frozen  
**Cook State:** Fully Cooked  
**GTIN-12 UPC:**  
**GTIN-14:**

**Sales Price Per:** NA  
**Case Price:** NA

### Ingredients:

Cooked Black Lentils (Water, Black Lentils)

### Allergen Statement:

None

## 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** 0.3g 0.5%

Saturated Fat 0.05g 0.25%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 2mg 0.08%

**Total Carbohydrate** 20g 6%

Dietary Fiber 7.9g 28%

Total Sugars 1.8g

Incl. Added Sugars 0g 0%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 19mg 2%

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.

### National Food Group

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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:** 36 lbs

**Case Dimensions:** X X

**Pallet Count:** 40

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.

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