Coral Red Lentil Bio 500 g Ecosana

SKU: 467010040 **EAN13:** 8436012945008

Description

Red lentil, also known as coral lentil, is a variety of lentils very little known in our gastronomy but one of the most valued in Asian cuisine. Coming from 100% organic crops, the **ECOSANA Bio Coral Red Lentil**, tea It will provide the highest nutritional quality while being careful with the environment. Like other legumes, they are **rich in vitamins of group B1 and minerals**, among which **iron** stands out, in addition to providing **slow-absorbing carbohydrates and proteins of high biological quality** . The particularity of this variety is that **it lacks skin**, so they are quick to cook and in a short time we can enjoy a delicious dish, without having to soak them the day before. Dare to innovate and create fantastic dishes: soups, creams or purees, salads, meatballs, hamburgers, fillings for vegetables, patés...

Ingredients

Coral red lentil*

*From Organic Farming.

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

May contain traces of **Gluten, Soya, Sesame and Nuts.**

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	**1498 kJ / 358 kcal**
Fat *of which saturated*	**2,17 g** *0,38 g*

Carbohydrates *of which sugars*	**63,10 g** *2,3 g*
Fibre	**10,8 g**
Proteins	**23,91 g**
Salt	**0,0175 g**

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications