



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

Energetic Value

Fat of which saturated

Quantity

1498 kJ / 358 kcal

2,17 g 0,38 g

Carbohydrates <i>of which sugars</i>	63,10 g <i>2,3 g</i>
Fibre	10,8 g
Proteins	23,91 g
Salt	0,0175 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

