



## Cooked Lentil BIO 700 g Ecosana

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### Description

These lentils are ready to eat in hot or cold dishes. It is always advisable to wash them, drain them, and add them to the sauce, stew or salad that has been previously prepared.

Remember that to maintain a healthy and balanced diet it is important to consume legumes, at least three times a week.

# Ingredients

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Cooked lentil \*, water, salt, antioxidant, ascorbic acid (E300).

\* From Ecological Agriculture.

# Directions

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Store the product in a dry place (RH <65%) and at an optimum temperature of 25°C. Once opened, keep refrigerated in a non-metallic container and consume within 3 days.

# Presentation

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700 g container. Net weight.  
  
Drained Net Weight 600 g.

# Warnings

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May contain traces of **gluten**.

# Nutrition Facts

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Per 100 g

Energetic Value		322 kJ / 76,20 kcal
Fat	<0,50 g	
of which saturated	0 g	
Carbohydrates	11,60 g	
of which sugars	<0,50 g	
Fibre	3,70 g	
Proteins	5,60 g	
Salt	0,90 g	

# Allergen Information

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Gluten,

# Certifications

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