



BLACK BELUGA LENTILS

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 20 minutes

INGREDIENTS

Canada Grown Black Beluga Lentils

COOKING INSTRUCTIONS

1. Combine 1 cup lentil with 3 cups of water
2. Bring to a boil
3. Cover and simmer for 15-25 minutes until desired texture is reached
4. Strain

Nutrition Facts Valeur nutritive

Per 1/4 cup (45 g)
pour 1/4 tasse (45 g)

	% Daily Value*
	% valeur quotidienne*
Calories 170	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 30 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 300 mg	6 %
Calcium 20 mg	2 %
Iron / Fer 3.5 mg	19 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup



PRODUCT HIGHLIGHTS

- Quick cook 20 minutes
- Earthy flavour
- Firm texture
- Presentation that pops off the plate
- High in fiber
- Side dish, soups, salad and star of center plate

