



FRENCH GREEN LENTILS

www.eatwildrice.ca

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

INGREDIENTS

Canadian grown French green lentils

COOKING INSTRUCTIONS

1. Combine 1 cup lentil with 3 cups of water
2. Bring to a boil
3. Cover and simmer for 15-20 minutes until desired texture is reached
4. Strain

Nutrition Facts		
Valeur nutritive		
Per 1/4 cup (45 g)		
pour 1/4 tasse (45 g)		
Calories 160		% Daily Value*
		% valeur quotidienne*
Fat / Lipides 0.5 g		1 %
Saturated / saturés 0.1 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 29 g		
Fibre / Fibres 5 g		18 %
Sugars / Sucres 1 g		1 %
Protein / Protéines 11 g		
Cholesterol / Cholestérol 0 mg		
Sodium 3 mg		1 %
Potassium 300 mg		6 %
Calcium 20 mg		2 %
Iron / Fer 3 mg		17 %
Thiamine 0.4 mg		33 %
Riboflavin / Riboflavine 0.1 mg		8 %
Niacin / Niacine 3 mg		19 %
Vitamin B ₆ / Vitamine B ₆ 0.25 mg		15 %
Folate 220 µg DFE / ÉFA		55 %
Phosphorus / Phosphore 125 mg		10 %
Magnesium / Magnésium 20 mg		5 %
Zinc 1.5 mg		14 %
Copper / Cuivre 0.34 mg		38 %
Manganese / Manganèse 0.65 mg		28 %

*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

