



RED CRIMSON LENTILS

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

INGREDIENTS

Canadian grown red crimson 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

Serving size 1/2 Cup (125 mL)
Cooked

Amount per serving
Calories 140

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 2mg	10%
Potassium 252mg	6%
Folate 39mcg DFE	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

