



Red Lentils

4'774 kcal

Tin: radius 13cm, height 17.4cm, circumference 40.3cm

Content: Red lentils, 1400g

Storage: Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.

Once opened: Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.

Shelf Life: 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
red lentils	1429 / 341	1.5g	0.3g	50g	1.1g	26g	0.01g	13g

Directions: Let it simmer for 10 to 15 min