



Lentils Dark Speckled (Puy) 1kg

Product Images



Additional Information

Brand	Shepcote
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Storage

Temperature	Ambient
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Ingredients

Ingredients	Dark Speckled Lentils
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Allergens

Celery	No
Gluten	May Contain
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	May Contain
Nuts	May Contain
Peanuts	May Contain
Sesame	May Contain
Soya	May Contain
Sulphites	No

Dietary Information

Approved for a Halal	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	Yes
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan	Yes
Suitable for a Vegetarian	Yes

Nutritional Information

Carbs per 100g (g)	53.2 g
Carbs of which Sugars per 100g (g)	1.5 g
Fat per 100g (g)	1.2 g
Fat of which Saturates per 100g (g)	0.5 g
Fibre per 100g	12.4 g
Energy per 100g (kcal)	310 kcal
Energy per 100g (kJ)	1305 kJ
Protein per 100g (g)	24.1 g
Salt per 100g (g)	0 g

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.