

## Laila Lentils Red Split Dry - Information

Dried and skinned red lentils

**TFS Product Code:** 031514  
**Suppliers Product Code:**  
**Information Last Updated:** 02/05/2023  
**Date Produced:** 06/05/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	358.00
Energy (kJ)	1512.00
Protein (g)	26.00
Carb (g)	51.00
Of Which Sugars (g)	1.30
Fat (g)	1.80
Of Which Saturates (g)	0.30
Fibre (g)	0.00
Salt (g)	<0.01

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Red Split Lentils

## Handling Information

### Directions for Use

Rinse the lentils and then place in a pan and cover with cold water. Bring to the boil and simmer gently for 15-20 mins or until tender. Drain and serve. Do not eat raw.

### Storage Instructions

Cool, Dry storage

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