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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: 04/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

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

Kosher | Vegetarian | Halal | Vegan

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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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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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