

PRIDE RED & BROWN LENTILS



Product Info

Lentils are edible pulses/beans. It is a bushy annual plant of the legume family, grown for its lens-shaped seeds. The seeds grow in pods, usually with two seeds in each.

Lentils have been part of the human diet since the (nonproducing) Neolithic times, being one of the first crops domesticated in the Near East. Lentil colors range from yellow to red-orange to green, brown and black. It also varies in size and is sold in many forms, with or without the skins, whole or split.

The seeds require some cooking time and have a distinctive, earthy flavor.

They are frequently combined with rice, which has a similar cooking time. Lentils are used to prepare inexpensive and nutritious soup and are sometimes combined with some form of chicken or pork.

Dried lentils can also be sprouted by soaking in water for one day and keeping moist for several days, which changes their nutrition profile. It is a high source of energy with dietary fibers, plenty proteins and vitamins and are a good source of Iron.



320187	LENTILS BROWN PRIDE PP 50KG	6002310009692
390010	LENTILS RED PRIDE PP 50KG	6002310009906
320191	PRIDE RED LENTILS PL 10 X 500GR	6002310009739
390009	PRIDE BROWN LENTILS PL 10 X 500GR	6002310009913


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