



Umbrian Lentils

Product Images



Description

Umbrian Ecotype Lentils, originally from the Sibillini Mountains, are known for their small size and beautifully variegated seeds. Renowned for their rich, nutty flavour and exceptional versatility, their standout feature is a naturally soft texture that allows for quick cooking—no pre-soaking required.

Additional Information

SKU	61002
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Directions for use	Visually check for residual impurities, wash and boil into water and salt. Do not add cold water during boiling. Cook for about 30 minutes without preventive soaking. Dress with extra virgin olive oil.
Allergen Statement	Product May Contain Cereals Containing Gluten (BARLEY, OATS, RYE, WHEAT) and SOYA.
Energy (Kcal)	352
Energy (KJ)	1490
Fat	1.9
of which saturates	0.5
Fibre	7.3
Ingredients	100% Umbrian Lentils
Availability	Contact us for info
Brands	Centaur Foods Ltd
Dietary & Lifestyle	Suitable for vegetarians, Suitable for vegans, Lactose Intolerant
Protein	29
Salt	0.02
Size	1kg
Pack Size	12

Storage Instructions

Store in a cool, dry place away from direct sunlight.

About Supplier

For nearly two decades, Centaur Foods has been supplying an ever-expanding range of quality ingredients to distributors and manufacturers across the UK, Ireland, and now Europe. Their diverse product range reflects evolving food trends and features ingredients from a wide variety of national and regional cuisines.

Country of Origin

Italy

