



# 10847 - BAF Lentil Penne, complete protein – 21g Protein per 100g portion, gluten free and vegan, 58 4oz servings per case, 2/5 lb pch

No Preservatives, Artificial Colors or Flavors. Authentic Taste and Texture.



## Nutrition Facts

Serving Size 2 oz (56g) Dry, About 3/4 Cup Prepared (56g)  
Servings Per Container 40

### Amount Per Serving

**Calories** 200

### % Daily Value\*

|                                |     |
|--------------------------------|-----|
| <b>Total Fat</b> 0 g           | 0%  |
| Saturated Fat 0 g              | 0%  |
| Trans Fat 0 g                  |     |
| <b>Cholesterol</b> 0 mg        | 0%  |
| <b>Sodium</b> 0 mg             | 0%  |
| <b>Potassium</b> 370 mg        | 8%  |
| <b>Total Carbohydrate</b> 38 g | 14% |
| Dietary Fiber 3 g              | 11% |
| Sugars <1g                     |     |
| <b>Protein</b> 12 g            |     |

|                |   |              |
|----------------|---|--------------|
| Vitamin A 0%   | • | Vitamin C 0% |
| Calcium 0%     | • | Iron 15%     |
| Vitamin D 0.3% | • |              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Potassium          |           | 3,500mg | 3,500mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Ingredients

Red Lentil Flour, White Rice, Pea Protein

## Packaging

|                          |                |                        |                            |
|--------------------------|----------------|------------------------|----------------------------|
| <b>GTIN</b>              | 10011140108478 | <b>Case Net Weight</b> | 10 LB                      |
| <b>Item UPC</b>          |                | <b>Case L,W,H</b>      | 13.18 IN, 9.43 IN, 6.61 IN |
| <b>Unit Size</b>         | 2 / 5LB        | <b>Cube</b>            | 0.48 CF                    |
| <b>Shelf Life</b>        | 365 Days       | <b>Tie x High</b>      | 15 x 6                     |
| <b>Case Gross Weight</b> | 10.60 LB       | <b>Kosher Status</b>   | Yes                        |

## Preparation and Cooking

To Serve Immediately: 1) Add 1 bag pasta to boiling water. Reduce heat to medium-high, stir occasionally. 2) Cook 9 minutes. (to desired tenderness) 3) Drain, rinse. To Precook: 1) Add 1 bag boiling water. Reduce heat to medium-high, stir occasionally. 2) Cook 5 minutes. (to desired tenderness) 3) Drain, rinse. 4) Chill in ice water, drain. Refrigerate covered. Reheat Tips: 5) Blanch for 30-60 sec or steam in perforated pan on high for 1-2 mins. 6) Hold hot at 145°F until service.

## Serving Suggestions

Pair Lentil Penne with your favorite sauce or in your favorite recipe for a delicious meal your patrons will love and the nutrition their bodies need.

## Packaging and Storage

Store cool dry (less than 80 degrees F)

## Nutritional Claims

Vegan, Gluten Free