

Sprouted lentils

Amola
· S P R O U T E D ·

Description

Grain type: lentils.

Uses: stews, salads, veggie burgers, grain bowls, soups.
300 g.

Sprouted lentils are highly nutritious because they are an excellent source of protein, fibre, iron, magnesium and zinc. Sprouting is a great way to release all these essential nutrients stored in the legumes.

Sprouted lentils can be used to prepare delicious and nutritious meals like salads, soups, stews, veggie burgers and grain bowls. And the most important: as they are sprouted no pre-soaking is required!

Cooking instructions

1. BOIL: bring 6 cups of water (or broth) to boil in a pot.
2. COOK: add 1 cup of sprouted lentils and boil for 15 minutes. Remove from heat.
3. FINISH: cover and let stand for 2-6 minutes, depending on the desired texture. Strain any excess water.

Ingredients and nutrition information

Ingredients: sprouted lentils
May contain peanuts, sesame and soybeans.



Nutrition information

	Per 100g	Per serving 50g
Energy	1510 kJ / 361 kcal	753 kJ / 180 kcal
Fat	0.7g	0.35g
of which saturates	0.11g	0.05g
Carbohydrates	64.5g	32.2g
of which sugars	1.4g	0.7g
Fibre	4.9g	2.4g
Protein	24.2g	12.1g
Salt	0.01g	<0.01g

This pack contains 6 servings.

Storage and shelf life

We carefully dry the lentils until they reach stable moisture levels. This means you can store them as you would store common lentils: in a cool, dry place. Once you cook them, they should be stored in the fridge.

Shelf life: 1 year

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