

## Organic French Green Lentils LLGF

Description: French green lentils (*lens esculenta*) are the seed of a small round shrub and are dried after harvesting.  
The French green lentils' texture is a bit firmer than most other lentils and hold their shape well when cooked.

### Physical Properties

Appearance	Light to dark greenish brown.
Size	Approximately 3/16" in diameter, typical lentil shape.

### Organoleptic Properties

Flavor	Typical of lentils.
--------	---------------------

### Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 250 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/375g	Method: FDA BAM or AOAC equivalent

### Packaging, Labeling, Storage

Packaging	Bag in Box or Food Grade Paper Bag
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

### Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain genetically engineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

## Organic French Green Lentils LLGF

### ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

[www.OliveNation.com](http://www.OliveNation.com) / 617-580-3667

---

## Organic French Green Lentils

### LLGF

#### Ingredient Statement

---

Organic French Green Lentils.

#### Product Certifications

---

Certified Kosher Parve

Certified Organic

#### Proximate Analysis

---

Protein	24.63	g
Carbohydrate	63.34	g
Moisture	8.26	g
Ash	2.71	g
Fat	1.06	g

#### Nutritional Analysis

---

Serving Size	100.00	g
Calories	352.00	
Total Fat	1.06	g
Saturated Fat	0.15	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	6.00	mg
Total Carbohydrates	63.34	g
Dietary Fiber	10.70	g
Sugars	2.03	g
Protein	24.63	g
Vitamin A	39.00	IU
Vitamin C	4.50	mg
Calcium	35.00	mg
Iron	6.51	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	677.00	mg

## ORGANIC FRENCH GREEN LENTILS



STORE IN A DRY, COOL PLACE.

### Nutrition Facts

servings per container

**Serving size** about 1/4 cup (35g)

**Amount per serving**  
**Calories** 120

	% Daily Value*
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 22 g	<b>8%</b>
Dietary Fiber 4 g	<b>14%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 9 g	
Vitamin D 0.0 mcg	0%
Calcium 12.3 mg	0%
Iron 2.3 mg	15%
Potassium 237.0 mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### INGREDIENTS

Organic French Green Lentils.

Organic French Green Lentils are a rare and highly sought-after, deep green variety of lentils, the lens-shaped legumes known for their quick-cooking nature and high protein content.

- Deep green in color with subtle, beautifully mottled patterns
- Firm texture that holds its shape
- Approximately 3/16" in diameter
- Robust, peppery flavor
- Certified organic to the specifications of the USDA National Organic Program

### BASIC PREP

Carefully sort lentils and rinse thoroughly. Bring 4 cups water to boil in saucepan. Slowly stir in 1 cup lentils. Reduce heat to a simmer. Cook until lentils are still firm but cooked through. Do not overcook about 25 minutes. Drain lentils and rinse with cold water. Season with salt. Refrigerate until serving.

### SUGGESTED USES

- Include in hearty and warming soups and stews
- Toss with salads or use to stuff vegetables
- Pair with lamb, salmon and duck confit

### RECIPE

#### Braised French Lentils

2 cups Organic French Green Lentils, sorted and rinsed  
3 cups stock, beef, chicken or vegetable  
1/2 cup cognac  
3/4 cup diced carrot  
3/4 cup diced celery  
3/4 cup diced onion  
2 cloves of garlic, minced  
1 tablespoon fresh thyme leaves, chopped  
1 bay leaf  
1 clove  
2 tablespoons butter  
1/2 cup heavy cream  
Salt and ground black pepper

Start with a 2 quart pot over medium heat.

Add the butter, the carrots, celery and onions. Sweat the water out of the vegetables, about 8 minutes, stirring occasionally.

Add the garlic and thyme and cook for 1 minute more. Add the cognac and lentils and cook until the cognac is gone.

Wrap the bay leaf and clove in cheesecloth or tie with string for easy removal. Add this to the pot along with the stock. Bring to a boil and reduce to simmer.

Cook for about 25 minutes or until the pot is a little dry or the lentil are almost tender. Add the cream and raise the heat slightly.

Cook to a just thickened texture and season with salt and ground black pepper.

Cover the lentils and set aside for 5-10 minutes then serve.

Serves 8-10

Traditional French cooking utilizes techniques that draw flavor out of every ingredient. Cooking lentils in this traditional yields an unparalleled result. The deep, rich sauce created by reductions is the key. Consider adding fresh fennel or make it vegan with olive oil and almond milk, but keep the technique the same for an incomparable lentil dish.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

[www.OliveNation.com](http://www.OliveNation.com) / 617-580-3667

---

**Organic French Green Lentils  
LLGF**

**COUNTRY OF ORIGIN DECLARATION**

**THIS PRODUCT ORIGINATES FROM CANADA**