

French Green Lentils

Product Information



LFS code: LFS023
Farm: Timeless Seeds
Units/case: (1) 25-lb. bags
Case Weight: 25 lbs.
Servings/case: 740

Product Description

Lentils, dry, French green, USDA-certified organic

Crediting & Yield

- One 25-pound bag of dry lentils contains 740 1/4-cup servings of cooked lentils.
- *Legumes cannot credit as *both* legume vegetable and meat/meat alternate at the same time.

Serving Size: 1/4 cup cooked lentils
Meat or M/A: 1 oz. eq.*
Grain: ---
Vegetables: 1/4 cup*
Fruit: ---

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Culinary Tips & Resources

- Lentils are a versatile legume that can be used in a variety of recipes such as chili, soup, or hummus.
- French green lentils retain their shape when cooked and require a longer cooking time than other lentils, 40-50 minutes.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety

For information on safe storage, cooking temperatures, and handling practices:

[Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving Size: 1/4 cup cooked lentils

Amount Per Serving

Calories 60

Total Fat 0g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Carbohydrates 10g

Dietary Fiber 4g

Sugars 1g

Protein 4.5g

Source [USDA Data Food Central](#)

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