

Lentils – Green Eston



GRADE, GRADE REQUIREMENTS, AND GRADE DESIGNATIONS										
Grade	Maximum limits of -									
	Defective Lentils		Heat-Damaged Lentils	Foreign Materials		Skins Lentils	Wrinkled Lentils	Contrasting Lentils	Inconspicuous Admixture	Color Requirements
	Total	Weevil-Damaged Lentils		Total	Stones					
USDA No 1	2.00	0.30	0.30	0.20	0.10	4.00	5.00	2.00	0.50	Good
USDA No 2	3.50	0.80	0.80	0.50	0.20	7.00	10.00	4.00	0.80	Fair
USDA No 3	5.00	0.80	0.80	0.50	0.20	10.00	>10	>4	1.00	Poor

Nutrition Facts

Serving size 1/2 Cup (125 mL)
Cooked

Amount per serving

Calories 140

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 23g 8%

Dietary Fiber 9g 32%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 2mg 10%

Potassium 252mg 6%

Folate 39mcg DFE 10%

*The % Daily Value 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.

Eston Green Lentils shall be lentils that are sound, whole, dry lentils which have been processed to a USDA #1 or better grade, depending on customers needs.

Product: Lentils Green Conventional

Pricing: FOB & Delivered

Packaging: Rail Bulk, Tote

Shipping: Rail, Full Truckload

Availability: Year Round

Origins: USA

USDA Grades: 3