

Bluebird Grain Farms, LLC  
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# Organic Einkorn & French Lentils

Country of Origin: USA

Certified Organic by: Washington State Dept. of Agriculture

Allergen Alert: contains wheat

Processed in a Nut Free facility

Nutrition Facts	
9 servings per container	
Serving size 1/4 cup dry product (50g)	
Amount Per Serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 33g	11%
Dietary Fiber 4g	8%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
<b>Protein</b> 9g	18%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2.8mg	12%
Potassium 270mg	5%
Thiamin 0.3mg	16%
Riboflavin 0.2mg	12%
Niacin 1.4mg	7%
Vitamin B6 0.2mg	12%
Phosphorus 180mg	20%
Zinc 1.3mg	6%
Manganese 1.5mg	100%
*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.	

## Product Sizes Available:



Case of six 1 lb. units  
 UPC 891343002413

## Cooking Instructions:

Add 1 cup Bluebird Einkorn & French Lentil blend to 2 cups of water or stock and a pinch of salt. Bring to a boil; simmer on low, cover for 25 minutes. Turn off heat. Let stand for five minutes. Add curry spice, tomatoes, cilantro. Serve hot or cold. 1 cup makes 3 to 4 servings.

For more recipes visit us at:

<https://bluebirdgrainfarms.com/category/recipes/>

INGREDIENTS: ORGANIC EINKORN WHEAT (TRITICUM MONOCOCCUM), ORGANIC FRENCH LENTILS

CONTAINS: WHEAT

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