

Lentils

These are dry whole lentils with seedcoat. They can be used in all program categories.

A. NUTRITIONAL VALUES (PER 100 g)

These are average values, taken from the U.S. Department of Agriculture, Agricultural Research Service (USDA:ARS) 1998 USDA Nutrient Database, Release 12, Laboratory Home Page, (<http://www.nal.usda.gov/fnic/foodcomp>). These nutrient values are provided as a guide for use in the calculation of food aid rations; users should be aware that shipments of food aid may vary from these exact values.

B. COMPONENTS

100% Lentils, unprocessed, whole

C. SPECIFICATIONS

Lentils shall be grade U.S. No. 3 or better.

(Source: USDA:FSA:PDD:EOB December, 1997.
Contact 202-690-3565
<http://www.fas.usda.gov/excredits/pl480/commodities/peabeans.htm>)

D. PACKAGING

50 kg (110.23 lb.) woven polypropylene bags. This fabric contains an inhibitor to resist ultra-violet absorption along with an anti-skid coating.

E. SHELF LIFE

One year. See Section III: Storage/Shelf Life Specifications for more information.

Nutrient	Amount	Unit
Water	11.2	g
Energy	338.0	Kcal
Protein	28.1	g
Total Lipid	1.0	g
Carbohydrate	57.1	g
Fiber, total dietary	30.5	g
Ash	2.7	g
Calcium	51	mg
Iron	9.02	mg
Magnesium	107	mg
Phosphorus	454	mg
Potassium	905	mg
Sodium	10.0	mg
Zinc	3.6	mg
Copper	0.9	mg
Manganese	1.4	mg
Selenium	8	mcg
Vitamin C	6	mg
Thiamin	0.48	mg
Riboflavin	0.25	mg
Niacin	2.62	mg
Pantothenic acid	1.8	mg
Vitamin B-6	0.5	mg
Folate	433	mcg
Vitamin B-12	0	mcg
Vitamin A	39	IU
Vitamin E	0.3	mg-ATE
Vitamin D	n/a	IU
Iodine	n/a	mcg