

Crimson Lentils



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Product Information



LFS code: LFS062
Farm: Timeless Seeds
Units/case: (1) 25-lb. bags
Case Weight: 25 lbs.
Servings/case: 740

Product Description

Lentils, dry, crimson or red, 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.
- Crimson lentils take less cooking time than green or brown lentils. These lentils breakdown quickly during cooking and don't hold their shape when cooked.
- Cook crimson lentils about 20 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