

CANADIAN LENTILS



Unique Attributes and Nutritional Advantages

- High in fiber (~20%)
- High in protein (~2 x higher than cereals)
- Low fat
- High in minerals and B vitamins
- Readily absorb flavors and seasonings
- Gluten-free
- Low glycemic index
- Low allergenicity
- Non-GMO
- Widely available year-round
- Environmental benefits

Whole Green Lentils

Nutritional Information*

Per 100 g dry

Amount	% Daily Value
Fat 1.1 g	2%
Carbohydrates 60.1 g	20%
Total Fiber 14.0 g	56%
Insoluble Fiber 12.3 g	
Soluble Fiber 1.7 g	
Sucrose 1.95 g	
Protein 25.8 g	
Calcium 73.9 mg	7%
Iron 8.1 mg	45%
Potassium 695	20%
Vitamin C 0.71 mg	1%
Thiamin 0.29 mg	19%
Riboflavin 0.33 mg	19%
Niacin 2.57 mg	13%
Vitamin B6 0.23 mg	12%
Folate 180 mcg	45%

Whole Red Lentils

Nutritional Information*

Per 100 g dry

Amount	% Daily Value
Fat 1.0 g	2%
Carbohydrates 59.1 g	20%
Total Fiber 14.2 g	57%
Insoluble Fiber 12.4 g	
Soluble Fiber 1.81 g	
Sucrose 1.79 g	
Protein 28.4 g	
Calcium 97.3 mg	10%
Iron 7.3 mg	41%
Potassium 1135 mg	32%
Vitamin C 0.73 mg	1%
Thiamin 0.34 mg	23%
Riboflavin 0.31 mg	18%
Niacin 1.73 mg	9%
Vitamin B6 0.28 mg	14%
Folate 186 mcg	47%

*References: 1) Wang and Daun, 2006. Food Chemistry 95: 493-502; 2) USDA Nutrient File; 3) Wang, 2004. The Chemical Composition and Nutritive Value of Canadian Pulses. www.pulsecanada.com; 4) Wang, 2005. Quality of Western Canadian pulse crops-2005. Canadian Grain Commission. www.graincanada.gc.ca; 5) Canada Grain Commission, 2008. Data not published.

CANADIAN LENTIL PRODUCTS



Green Lentils

- Large, medium and small sizes available
- Light green seed coat and yellow cotyledon
- Nutty flavor
- Cook for 30 to 45 minutes – no soaking needed
- Retain their shape after cooking
- For purée: cook 45 to 50 minutes
- Available pre-cooked, organic, kosher, halal

Food Product Applications

- Ready-to-eat meals, soups, salads
- Vegetarian products
- Gluten-free applications
- Ethnic cuisine (Indian, Middle East, Mediterranean)



Red Lentils

- Available whole or split
- Red/orange cotyledon
- Cook quickly (10–15 minutes, no soaking needed)
- Available pre-cooked, organic, kosher, halal

Food Product Applications

- Ready-to-eat meals, soups, salads
- Vegetarian products
- Gluten-free applications
- Ethnic cuisine (Indian, Middle East, Mediterranean)
- Easily added to soups and tomato sauces



Lentil Flours

- Finely ground flour or powder from lentils
- Available pre-cooked, organic, kosher, halal

Food Product Applications

- Pasta
- Baked goods
- Dips, sauces and gravies
- Can be used in combination with flakes



Lentil Flakes

- Flakes are pressed seeds, similar in appearance to large oat flakes
- Available pre-cooked, organic, kosher, halal

Food Product Applications

- Nutrition bars
- Breakfast cereals
- Bread, buns, cookies and baked goods
- Soups, casseroles and pilafs

... **HIGH QUALITY CANADIAN INGREDIENTS. www.pulsecanada.com**

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