

BASIC AMERICAN FOODS™

LENTIL PENNE

A delicious, versatile way to bring more **plant-based protein** to menus.

With more consumers opting for plant-forward menu choices, Lentil Penne is an easy way to **bring legumes to the center of the plate**. Serve up dishes that are packed with the nutrition bodies need, without any of the stuff they don't.

NEW





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LENTIL PENNE

plant-based protein



FEATURES

3 SIMPLE INGREDIENTS

- Red Lentil Flour, White Rice, Pea Protein (all sourced from US or Canada)
- No artificial flavors, colors or preservatives

PACKED WITH NUTRITION

- Complete protein — 21g protein*
- 6g fiber*
- Less carbs than traditional pasta

*per 100 gram serving

MEETS NEARLY ALL DIETARY RESTRICTIONS

- Vegan
- Vegetarian
- Gluten Free
- Free of Big-8 Allergens
- Heart-healthy: low sodium, fat and cholesterol

SIMPLE PREPARATION

- Prepares and holds similarly to traditional pasta
- Works well with double-cook technique



SKU 10847 2/ 5 lb bags

PREPARATION

- 1 Add 1 bag pasta to boiling water. Reduce heat to med-high, stir occasionally.

SERVE IMMEDIATELY

- 2 Cook 9 mins (to desired tenderness).
- 3 Drain, rinse.
- 4 Sauce and serve.

PRECOOK (DOUBLE COOK)

- 2 Cook 5 mins (to desired tenderness).
- 3 Drain, rinse.
- 4 Chill in ice water, drain. Refrigerate covered.

REHEAT TIP: Blanch for 30-60 sec or steam in perforated pan on high for 1-2 mins. Sauce and hold hot at 145°F until service.

COOK TIP: Reduce heat and stir to minimize foaming.

SAUCE TIP: Lentil Penne flavor pairs well with traditional pasta sauces and recipes.

Ready for even more easy-prep, craveable menu ideas?
Get recipes, samples, and more at baffoodservice.com

NUTRITION FACTS

About 40 Servings Per Container

SERVING SIZE

2 oz (56g) Dry
About 3/4 Cup Prepared

	Per 2oz (56g)		Per 3.5oz (100g)	
	200	% DV*	360	% DV*
CALORIES				
Total Fat	0g	0%	1g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0g	0%	0g	0%
Sodium	0g	0%	5mg	0%
Total Carbohydrate	38g	14%	68g	25%
Dietary Fiber	3g	11%	6g	21%
Total Sugars	<1g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	12g	15%	21g	27%
Vitamin D	0.3mcg	2%	0.5mcg	2%
Calcium	10mg	0%	30mg	2%
Iron	2.8mg	15%	5.1mg	30%
Potassium	370mg	8%	670mg	15%

* 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.