

BASIC AMERICAN FOODS™

Lentil Penne

- Complete Protein - 21g Protein per 100g Portion
- Gluten Free and Vegan
- Low Sodium

NO ARTIFICIAL FLAVORS, COLORS OR PRESERVATIVES



NET WT 5 LBS (2.26kg) x

INTRODUCING
NEW! LENTIL
PENNE

Lentil Penne, a delicious new way to bring PLANT BASED PROTEIN to menus

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 of protein per 100g serving
- 6g fiber per 100g serving
- Less carbs than traditional pasta

Meets nearly all dietary restrictions:

- Meets these diets:
 - ✓ [Vegan](#)
 - ✓ [Vegetarian](#)
 - ✓ Gluten Free
 - ✓ Free of all [Big-8 Allergens](#)
- [Heart Healthy](#)
 - ✓ Low sodium, low fat, low cholesterol

Prepares and holds similarly to traditional pasta (wheat based)

- Works well with double cook technique
- Delicious paired with a wide range of sauces

Serving cost comparable or less than animal protein



Nutritional Benefits vs. Other Proteins

Advantage: BAF Lentil Penne has as much or more protein and fiber than most leading animal and protein alternatives!

- Complete Protein

- Has all 9¹ essential amino acids
- Sustained energy, good digestion and muscle health

- Nutrient-Dense

- High in Protein
- Good source of fiber
- Lower fat than many animal proteins



Per 100g Serving		
	Protein	Fiber
BAF Lentil Penne	21g	6g
Chicken Breast	21g	0g
Beef, Ground	19g	0g
Fish, Cod	18g	0g
Gardenburger	8g	5g
Tofu	8g	0.3g

¹ Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine

² Dietary Guidelines for Americans, 2010 Ch4

BAF Lentil Penne has the cleanest label on the market, free from additives like Xanthan Gum and Tapioca that are used as emulsifiers, stabilizers and thickeners.

- These additives retain water which results in higher yield



Ingredients: Red Lentil Flour, White Rice, Pea Protein





Ingredients: Chickpeas, Tapioca¹, Pea Protein, Xanthan Gum²



Ingredients: Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine, mononitrate, riboflavin, folic acid

1) a substance produced by bacterial fermentation or synthetically and used in foods as a gelling agent and thickener. It is a polysaccharide composed of glucose, mannose, and glucuronic acid.
 2) a starch extracted from cassava root. commonly used as a thickener for soups and other liquid foods. It is also used as a binder in pharmaceutical tablets and natural paints

BAF Lentil Penne is less expensive than leading animal and protein alternatives

	 Traditional Penne Pasta	 Whole Grain Pasta	 BAF Lentil Penne	 Chickpea Penne	 Frozen Chicken Breast	 Vegetables
Uncooked Price/oz	\$0.06	\$0.08	\$0.23	\$0.24	\$0.28	\$0.39
Prepared Price/oz			 \$0.16		 \$0.36	

Lentil Penne Estimated Operator Pricing: \$37.50/case (10 lbs)

BAF Lentil Penne Advantage Widens when Prepared

Availability

- Lentil Penne is available at both major Distributors:

GFS: 1341396

Sysco: 5086341

