



Premium

31758 - Dark Red Kidney Beans

Light red and Dark red. Both kinds tend to be firmer than most other kinds of beans, but the light-colored ones are a little softer in texture than their darker cousins.



Nutrition Facts

Servings per Container 24
Serving size 1/2cup (130g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 21g	8%
Dietary Fiber 9g	32%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 3mg	17%
Potassium 503mg	11%

* 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.

* Benefits

Named for their red color and their shape, kidney beans are a type of legume that commonly comes in two varieties: light red and dark red. Both kinds tend to be firmer than most other kinds of beans, but the light-colored ones are a little softer in texture than their darker cousins. Kidney beans are a type of "common bean" that share an ancestor with black beans, pintos, and navy beans. European explorers first discovered this ancestor bean in Peru and helped spread common beans around the world. Today, kidney beans remain an important part of the cuisine in South and Central America and the Caribbean. Health Benefits. Nutritionists often recommend beans as part of a healthy diet because of their high nutritional value. Like other beans, kidney beans can be counted as both a protein source or a vegetable. Eating at least a half-cup of beans per day can improve overall health. According to one study, people who eat beans daily consume less fat and saturated fat while taking in more fiber, protein, folate, iron, and other important minerals

Ingredients

INGREDIENT STATEMENT: Dark Red Kidney Beans, Water, Salt, Calcium Chloride, Disodium EDTA (To Preserve Color)

Allergens

Free From:



Handling Suggestions

Store in Canned and Dry section of Warehouse

Serving Suggestions

Bean Dark Red Kidney, Yummy

Prep & Cooking Suggestions

Open Can and Enjoy, Yummy

Product Specifications

Brand	Manufacturer	Product Category
Premium	Port Royal Sales	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	7645	31758			6/10 CN

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
46.5lb	45.5lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18in	12in	7in	0.88ft3	8x7	180days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	120	Total Fat	0g	Sodium	360mg
Protein	8	Trans Fats		Calcium	54mg
Total Carbohydrates...	21g	Saturated Fat	0g	Iron	3mg
Sugars	1g	Added Sugars	0g	Potassium	503mg
Dietary Fiber	9g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

