

NATURAL RED KIDNEY BEANS



PRESENTATION

In mexican salads, in chili con carne or creole-styled spiced, Mutular Red Kidney Beans are very easy to cook. High in energy, these dried vegetables enjoyable anytime of the year, will satisfy the whole family both by their preserved taste as well as their nutritional qualities. red kidney beans, rich in protein, fibre and mineral, will bring you health balance, energy and lots of benefits at every bite !

COOKING ADVICE

Heat over low heat in a saucepan or on medium power in a suitable dish in a microwave. Season to taste (butter, gravy, etc). Serve hot.

This preparation can also be served cold as a salad.

NUTRITION FACTS

for 100 g

Protein	8,4 g
carbohydrates	14,4 g
Fat	0,5 g
Calories	111 Kcal

INGREDIENTS

Red kidney beans 55%, water, salt.

AVAILABLE IN

420 g, 840 g and 4,2 kg.

