

Kidney beans organic

Designation: kidney beans red

Description: Ripe, dried, dark red kidney beans. Kidney beans belong to the legume family and get their name from their kidney-shaped appearance. Native to Central and South America, they are now grown all over the world. Kidney beans have a sweet, mild flavour, slightly reminiscent of chestnuts. They are tasty and nutritious, rich in fibre and protein. Kidney beans are particularly versatile in the kitchen: whether in chilli con carne, other hearty stews, salads, spreads or patties, they are always a good choice.

Preparation: Soak the kidney beans overnight, then rinse. Cook 1 cup of beans with about 3 cups of water over a low heat for about 60 to 90 minutes, then season to taste. They are a key ingredient in chilli con carne, excellent in salads, soups and stews, and ideal in many vegetarian and vegan dishes such as patties, wraps or spreads.

Ingridients: kidney beans red*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1317 kj
Calorific value kcal	315 kcal
Fat	1.1 g
Of which saturated fatty acids	0.2 g
Carbohydrates	46.1 g
Of which sugar	2.1 g
Fibers	15.2 g
Protein	22.5 g
Salt	0.03 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts Example Company	Nein

Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein