

# Organic red kidney beans

Mature, dried, dark red kidney beans. Kidney beans belong to the legume family and owe their name to their kidney-shaped appearance. They originate from Central and South America and are now grown worldwide. Kidney beans have a sweetish-mild taste, slightly reminiscent of chestnuts. They are delicious and packed with nutrients, rich in fibre and proteins. In the kitchen, kidney beans are particularly versatile: whether in chilli con carne, other hearty stews, salads, spreads or patties, they are always a good choice. With our [black bio beans](#), you can add another colour to your kitchen.

[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	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