

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 |