

## Range Available:

- Dark Red Kidney Beans
  - 1kg
  - 25kg Sack
- Italian Red Kidney Beans
  - 425gm
  - A9 Tin

Indent and Bulk pricing available, please contact our office for more information



## Varieties we stock

- Dark Red Kidney Beans of Indian or Thailand origin
- Tinned Red Kidney beans of Italian Origin

## Red Kidney Beans

Dark Red Kidney Beans are large and kidney-shaped with a deep glossy red color. They have a solid flavor and texture. These beans are produced mainly in the northern U.S.A. and owes its popularity in America and Europe to its large size, bright color and solid texture.

Light Red Kidney Beans have a solid texture and flavor. They are characterized by their large, kidney-shape with a pink color. This bean is popular in the Caribbean region as well as in Portugal and Spain for its similarity to the canela bean

They spread throughout South and Central America because of migrating Indian traders who brought kidney beans with them from Peru. Beans were.....

introduced into Europe in the 15th century by Spanish explorers returning from their voyages to the New World. Subsequently, Spanish and Portuguese traders introduced kidney beans into Africa and Asia.

Service Foods sources its red kidney beans from Thailand and India. Tinned red kidney beans are sourced from Italy. Service Foods predominantly stock Dark Red Kidney Beans.

## **Nutrition Facts**

Serving Size 1/4 cup

**Amount Per Serving**

**Calories** 80

**% Daily Value\***

**Sodium** 150mg **6%**

**Total Carbohydrates** 14.0g **5%**

Dietary Fiber 4.0g **16%**

Sugars 1.0g

**Protein** 5.0g

\* Based on a 2000 calorie diet