



Cento Red Kidney Beans

12/19 oz (UPC 70796-80003)

Cento Red Kidney Beans can live up a variety of dishes with their deep red color, including salads, soups and stews. Packed with protein, folate, fiber and other health promoting nutrients, our red kidney beans are a superfood that can help protect against heart disease and long-term health problems.

Nutrition Facts

Serving size 100g

Amount per serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 185mg 8%

Total Carbohydrate 18g 6%

Dietary Fiber 5g 16%

Total Sugar 1g

Includes 0g Added Sugars 0%

Protein 6g

Vit. D 0.0mcg 0% Calcium 23mg 2%

Iron 1.9mg 12% Potas. 392mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Prepared Kidney Beans, Water, Salt, Calcium Chloride (Firming Agent).

- High in Fiber
- Fat Free
- Good Source of Protein



Each 1/2 cup (130g) portion contains:

CALORIES	FAT	CARBS	SODIUM
130	0g	23g	240mg
% Daily Value	0%	8%	10%

"Trust Your Family With Our Family"

Updated: 08/25/26