

USDA Foods Product Information Sheet

For Child Nutrition Programs



100370—Beans, Red Kidney, Low-sodium, Canned

Category: Legume Vegetable/Meat Alternate



PRODUCT DESCRIPTION

This item is Grade A canned, dried red kidney beans. They are packed in a low-sodium brine which contains 36-140 mg sodium per ½ cup serving. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case of kidney beans provides about 117 1/2-cup servings of heated, drained beans or 132 1/2-cup servings of unheated, drained beans.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Use red kidney beans in entrees or side dishes such as chili, bean casserole, rice and beans, or as a protein addition in pasta dishes.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For more culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (128 g) red kidney beans, canned, low-sodium

Amount Per Serving

Calories 104

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 19g

Dietary Fiber 7g

Sugars 2g

Protein 7g

Source: [USDA National Nutrient Database](#)

Allergen Information: Specification requires no allergens or allergen advisory labels. Please refer to allergen statement on the outside of the product package to confirm. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.