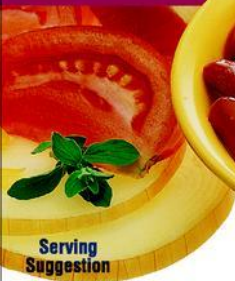


MRS. GRIMES



**Light Red
KIDNEY
BEANS**



Serving
Suggestion

NET WT 15 OZ (425g)

**HIGH
FIBER**
See Side Panel For Information
About Fiber Content

Discover the delicious possibilities of Mrs. Grimes® beans! Use our beans in soups, stews, salads and dips or make a tasty sauce to pour over chicken and meat. Follow our serving suggestions or be creative with your own ideas. For an easy accompaniment to any meal, simply season with your favorite herbs, spices and condiments or try one of the delicious recipes on every Mrs. Grimes product! Mrs. Grimes

Directions: Heat; season to taste; serve.

For Microwave: Empty contents into microwaveable dish; cover and heat 2-3 minutes.

Serving Suggestions:

For three bean salad, combine kidney, wax and green beans with chopped onion, oil and vinegar.

Serve cold with chopped onion, oil and vinegar for a hearty salad.

Combine with canned stewed tomatoes for a savory vegetable side dish.

**Nutrition
Facts**

Serving Size 1/2 Cup (130g)
Servings About 3.5

Calories 120
Fat Cal. 10

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 1g	2%	Total Carb. 21g	7%
Sat. Fat 0g	0%	Fiber 7g	28%
Trans Fat 0g		Sugars 1g	
Cholest. 0mg	0%	Protein 8g	
Sodium 410mg	17%		
Vitamin A 0% • Vitamin C 2% • Calcium 8% • Iron 15%			

INGREDIENTS: PREPARED LIGHT RED KIDNEY BEANS, WATER, SUGAR, SALT, CALCIUM CHLORIDE AND DISODIUM EDTA (FOR COLOR RETENTION).

We are very interested in any comments from our customers. If you would like additional suggestions or have product information questions, send the code on the can end to Mrs. Grimes Consumer Affairs Department.

DISTRIBUTED BY:
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www.faribaultfoods.com

MRS. GRIMES PROOF OF PURCHASE
15 OZ. LIGHT RED KIDNEY BEANS

