

SINCE 1896

S&W<sup>®</sup>

PREMIUM

KIDNEY BEANS

Premium Quality & Taste

NET WT  
8.75 OZ  
(248g)

SERVING  
SUGGESTION



## Nutrition Facts

Serv. Size 1/2 cup (132g)

Serv. Per Container about 2

Calories 120 Fat Cal. 10

\*Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carb.</b> 20g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 6g	<b>24%</b>
Trans Fat 0g		Sugars 7g	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 7g	
<b>Sodium</b> 460mg	<b>19%</b>		
Vitamin A 0% • Vitamin C 8% • Calcium 8% • Iron 10%			

INGREDIENTS: PREPARED DARK RED KIDNEY BEANS, WATER, SUGAR, SALT, CALCIUM CHLORIDE, CALCIUM DISODIUM EDTA (TO PROTECT COLOR).

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WWW.SWBEANS.COM

REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

### MAKE IT SPECIAL WITH S&W™

*S&W<sup>®</sup> Kidney Beans come from the best of the crop to bring you unsurpassed, premium quality.*

*Kidney Beans are rich in fiber and a good source of iron.*

**SERVING SUGGESTIONS** *Kidney Beans are a colorful and savory addition to your favorite side dish and main meal recipes.*

