

SINCE 1896



PREMIUM

KIDNEY BEANS

50% Less Sodium

Premium Quality & Taste

50% LESS SODIUM
THAN REGULAR
KIDNEY BEANS

NET WT
15.25 OZ
(432g)

SERVING
SUGGESTION



PLEASE RECYCLE

MAKE IT SPECIAL WITH S&W™

S&W® 50% Less Sodium Kidney Beans have the superior flavor, rich color and smooth texture of our regular recipe. Kidney Beans are rich in fiber and a good source of iron.

Nutrition Facts

Serving Size 1/2 cup (130g)

Servings Per Container about 3 1/2

Amount/Serving

Calories 120 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 9%

Total Carbohydrate 20g 7%

Dietary Fiber 6g 24%

Sugars 4g

Protein 7g

Vitamin A 0% • Vitamin C 2%

Calcium 6% • Iron 10%

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

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.

50% LESS SODIUM—220mg PER SERVING, REGULAR KIDNEY BEANS—460mg PER SERVING

SERVING SUGGESTIONS

Try making Four-Bean Salad. This recipe and more available at WWW.SWBEANS.COM



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