

# KIDNEY BEANS SPECIFICATION

- **Product Name** - Kidney Beans
- **Origin** - Peru
- **Family** - Fabaceae
- **Binomial name** - Phaseolus Vulgaris

## INGREDIENTS

- **Nutrients** - Carbohydrates 22.8
- **Minerals** - Folate, Iron, Copper, Manganese, Molybdenum
- **Vitamin** - Vitamin K1
- **Protein** - 8.7 g
- **Fats** - Fat 0.50g

## USES & BENEFITS

- Kidney beans are also known as Rajma in India. They are famous for a dish also called Rajma. It is a curry which can be eaten with rice or bread. Rajma is used in many cuisines across the world.
- Kidney beans are a rich source of many minerals like potassium and magnesium. The beans also contain dietary fiber that helps to lower cholesterol levels. The fiber in the beans also helps to keep a check on the rising of blood pressure levels.
- It has a high content of protein and helps maintain a healthy blood sugar level.
- These beans also act as an energy booster because of the iron content present in it and helps in better digestion.

