



# ITALIAN BEANS

## The Range



### RED KIDNEY BEANS

Great for adding protein and flavour to soups, stews and salads, that is nutritious and delicious.

Product Code: 163562

Pack Size: 2.5kg

Carton Qty: 6



### CANNELLINI BEANS

One of the best white beans for salads and soups because of their thin skin and mild flavour.

Product Code: 163560

Pack Size: 2.5kg

Carton Qty: 6



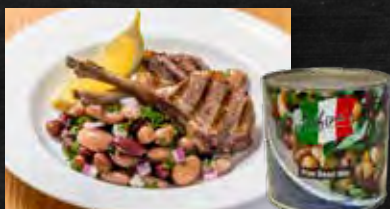
### CHICK PEAS

The most popular legume in the world because of their versatility across cold salads, soups, stews and pasta.

Product Code: 163561

Pack Size: 2.5kg

Carton Qty: 6



### FIVE BEAN MIX

A combination of red kidney beans, white kidney beans, butter beans, chickpeas and borlotti beans.

Product Code: 163593

Pack Size: 2.5kg

Carton Qty: 6



### BAKED BEANS IN TOMATO SAUCE

Cooked from raw ingredients, easy to serve hot or cold straight from the can.

Product Code: 163559

Pack Size: 2.7kg

Carton Qty: 6





# ITALIAN BEANS

## Modern-day Superfood

Beans can be a great addition to any meal on the menu or as a main dish itself. Not only are they the least expensive source of protein they also offer a range of healthy nutrients including antioxidants, vitamins and minerals such as folate, iron, magnesium, manganese, potassium and zinc.

For your health conscious customers, beans are also metabolised more slowly than other complex carbs which keeps us feeling full, and in turn can assist with weight loss. It's no wonder beans are classified as a modern-day superfood!

- Versatile - use as a main dish, side dish, appetiser, or as a snack
- Great for making soups, salads and dips
- Healthy combination of complex carbohydrates and protein
- Low glycemic index keeping blood glucose stable, curbing fatigue and irritability
- Packed with nutrients, fiber and protein
- Can help lower cholesterol and triglyceride levels

*Add the goodness to your menu* with Alfina's Beans!

To place an order or for more information,  
contact your local Bidfood branch or log on  
to myBidfood.

**bidfood.com.au**



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