# Red beans

## 01 / Product perspective

### EVALUATE THE COOKED RESULT

Dry weight alone does not describe the finished ingredient. Compare hydration, cooked yield and texture using the same water, soak and cooking process. Colour and size should be checked against the buyer's intended presentation.

### NUTRITION REFERENCE | PER 100 G EDIBLE PORTION

Reference food: Beans, kidney, red, mature seeds, raw

| ENERGY | PROTEIN | FAT | CARBOHYDRATE |
|---|---|---|---|
| 337 kcal | 22.5 g | 1.1 g | 61.3 g |

| FIBRE | SATURATED FAT | IRON | POTASSIUM |
|---|---|---|---|
| 15.2 g | 0.2 g | 6.7 mg | 1359.0 mg |

USDA comparator, not a Brazilian lot certificate or finished-product nutrition label. Edible tissue excludes bones. The raw/dried state and trim shown in the reference description determine the comparison; cooking, refining and added ingredients may change it.

### HOW TO USE THIS INFORMATION

Protein, carbohydrate and fibre support ingredient comparisons. Water absorbed during cooking changes the composition expressed per 100 g of the cooked food.

### RESEARCH SOURCES

USDA FoodData Central, SR Legacy: FDC ID 173744.
Open the nutrition reference

Open the product and latest enquiry

# Red beans

## 02 / Practical evaluation & sourcing

### TRANSLATE THE APPLICATION INTO MEASURABLE ACCEPTANCE

For Red beans, compare samples under the same production conditions. Agree the measurement method and acceptance limits before using the result to assess a commercial shipment.

### YOUR PRODUCT-SPECIFIC TRIAL BRIEF

01 / Variety and seed shape: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

02 / Size and colour tolerance: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

03 / Moisture and defects: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

04 / Cooking and hydration requirements: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

### HYDRATION TRIAL

Water uptake changes cooked yield and portion cost.

Request: Soak conditions and dry-to-cooked mass ratio.

### COOKING PERFORMANCE

Storage age and process conditions can change cook behaviour.

Request: A defined cooking-time and texture trial.

### SIZING AND DEFECTS

Broken seeds and uneven sizing affect presentation.

Request: Screen-size distribution, splits and visual-defect limits.

### LOT ACCEPTANCE

Sample cleanliness is not a complete safety assessment.

Request: Agreed residue, microbiological and impurity tests.

### STORAGE AND DOCUMENT BASIS

Agree the storage conditions, shelf life and pack protection for the actual product. Request sample/lot identity, ingredients where relevant, analytical results and destination-specific documents.

Research reference: Codex Alimentarius - official commodity standards

# Red beans

## 03 / Complete your purchasing brief

Fill in these fields, save a completed copy and email it as an attachment to info@saiagrobrazil.agr.br. For an immediate online enquiry, use the product link below.

**YOUR NAME**

**COMPANY**

**BUSINESS EMAIL**

**PHONE / WHATSAPP**

**PRODUCT / GRADE**

Red beans

**QUANTITY AND UNIT**

**PURCHASE FREQUENCY**

Select frequency

**DESTINATION COUNTRY**

**PORT / NAMED PLACE**

**PREFERRED TRADE TERM**

To be discussed

**SHIPMENT / RECEIVING PERIOD**

**PACKING PREFERENCE**

To be discussed

**YOUR INTENDED APPLICATION**

**TECHNICAL TARGETS / NUTRITION BASIS / REQUIRED ANALYSIS**

**INSPECTION / DOCUMENTS / LABELLING REQUIREMENTS**

☐ I agree that SAI Agro Brazil may use these details to respond to my enquiry.

**EMAIL THE SAVED PDF** **Open product enquiry** Privacy policy

Email opens a draft; attach your saved PDF before sending. Save locally before closing your PDF reader. This brief is an enquiry, not a purchase contract.