

# CANADIAN BEANS



## Unique Attributes and Nutritional Advantages

- High in fiber (~20%)
- High in protein (~2 x higher than cereals)
- Low fat
- High in minerals and B vitamins
- Gluten-free
- Low glycemic index
- Low allergenicity
- Non-GMO

## Whole Navy Beans

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 1.5 g	2%
<b>Carbohydrates</b> 69.1 g	23%
<b>Total Fiber</b> 23.3 g	93%
<b>Sucrose</b> 3.2 g	
<b>Protein</b> 25.1 g	
<b>Calcium</b> 155 mg	16%
<b>Iron</b> 7.6 mg	42%
<b>Potassium</b> 1705 mg	49%
<b>Vitamin C</b> 3.85 mg	6%
<b>Thiamin</b> 0.58 mg	39%
<b>Riboflavin</b> 0.16 mg	9%
<b>Niacin</b> 1.31 mg	7%
<b>Vitamin B6</b> 0.21 mg	11%
<b>Folate</b> 108 mcg	27%

## Whole Pinto Beans

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 1.0 g	2%
<b>Carbohydrates</b> 71.2 g	24%
<b>Total Fiber</b> 21.8 g	87%
<b>Sucrose</b> 4.4 g	
<b>Protein</b> 23.7 g	
<b>Calcium</b> 123 mg	12%
<b>Iron</b> 10.7 mg	59%
<b>Potassium</b> 1843 mg	53%
<b>Vitamin C</b> 0.09 mg	0%
<b>Thiamin</b> 0.69 mg	46%
<b>Riboflavin</b> 0.12 mg	7%
<b>Niacin</b> 1.12 mg	6%
<b>Vitamin B6</b> 0.18 mg	9%
<b>Folate</b> 91.3 mcg	23%

# CANADIAN BEANS

## Whole Dark Red Kidney Beans

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 1.1 g	2%
<b>Carbohydrates</b> 66.5 g	22%
<b>Total Fiber</b> 21.9 g	88%
<b>Sucrose</b> 3.5 g	
<b>Protein</b> 28.5 g	
<b>Calcium</b> 96.3 mg	10%
<b>Iron</b> 8.8 mg	49%
<b>Potassium</b> 1778 mg	51%
<b>Vitamin C</b> 0.09 mg	0%
<b>Thiamin</b> 0.56 mg	37%
<b>Riboflavin</b> 0.16 mg	9%
<b>Niacin</b> 1.10 mg	6%
<b>Vitamin B6</b> 0.21 mg	11%
<b>Folate</b> 52.5 mcg	13%

## Whole Great Northern Beans

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 1.3 g	2%
<b>Carbohydrates</b> 68.1 g	23%
<b>Total Fiber</b> 22 g	88%
<b>Sucrose</b> 5.14 g	
<b>Protein</b> 26.6 g	
<b>Calcium</b> 193 mg	19%
<b>Iron</b> 8.3 mg	46%
<b>Potassium</b> 1733 mg	50%
<b>Vitamin C</b> 0.10 mg	0%
<b>Thiamin</b> 0.48 mg	32%
<b>Riboflavin</b> 0.12 mg	7%
<b>Niacin</b> 0.88 mg	4.4%
<b>Vitamin B6</b> 0.25 mg	13%
<b>Folate</b> 93 mcg	23%

## Whole Black Turtle Beans

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 1.6 g	3%
<b>Carbohydrates</b> 67.8 g	23%
<b>Total Fiber</b> 23.6 g	94%
<b>Sucrose</b> 3.93 g	
<b>Protein</b> 26.2 g	
<b>Calcium</b> 189 mg	19%
<b>Iron</b> 9.7 mg	54%
<b>Potassium</b> 1796 mg	51%
<b>Vitamin C</b> 0.10 mg	0%
<b>Thiamin</b> 0.45 mg	30%
<b>Riboflavin</b> 0.11 mg	7%
<b>Niacin</b> 1.26 mg	6%
<b>Vitamin B6</b> 0.31 mg	16%
<b>Folate</b> 60.3 mcg	15%

## Whole Cranberry Beans

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 1.4 g	2%
<b>Carbohydrates</b> 70.7 g	24%
<b>Total Fiber</b> 20.9 g	84%
<b>Sucrose</b> 4.14 g	
<b>Protein</b> 24.3 g	
<b>Calcium</b> 120 mg	12%
<b>Iron</b> 8.3 mg	46%
<b>Potassium</b> 1641 mg	47%
<b>Vitamin C</b> 0.09 mg	0%
<b>Thiamin</b> 0.49 mg	33%
<b>Riboflavin</b> 0.16 mg	9%
<b>Niacin</b> 1.41 mg	6%
<b>Vitamin B6</b> 0.18 mg	9%
<b>Folate</b> 41 mcg	10%

## Whole Small Red Beans

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 1.1 g	2%
<b>Carbohydrates</b> 71.1 g	24%
<b>Total Fiber</b> 21.6 g	86%
<b>Sucrose</b> 4.74 g	
<b>Protein</b> 23.7 g	
<b>Calcium</b> 135 mg	14%
<b>Iron</b> 7.6 mg	42%
<b>Potassium</b> 1750 mg	50%
<b>Vitamin C</b> 0.09 mg	0%
<b>Thiamin</b> 0.57 mg	38%
<b>Riboflavin</b> 0.1 mg	6%
<b>Niacin</b> 0.78 mg	4%
<b>Vitamin B6</b> 0.17 mg	9%
<b>Folate</b> 84.5 mcg	21%

## Whole Pink Beans

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 1.0 g	2%
<b>Carbohydrates</b> 72 g	24%
<b>Total Fiber</b> 24 g	96%
<b>Sucrose</b> 4.54 g	
<b>Protein</b> 23.5 g	
<b>Calcium</b> 118 mg	12%
<b>Iron</b> 8.4 mg	47%
<b>Potassium</b> 1857 mg	53%
<b>Vitamin C</b> 0.09 mg	0%
<b>Thiamin</b> 0.62 mg	41%
<b>Riboflavin</b> 0.12 mg	7%
<b>Niacin</b> 0.94 mg	5%
<b>Vitamin B6</b> 0.2 mg	10%
<b>Folate</b> 112 mcg	28%

\*References: 1) Wang, 2005. Quality of Western Canadian pulse crops-2005. Canadian Grain Commission. [www.graincanada.gc.ca](http://www.graincanada.gc.ca); 2) Wang, 2004. The Chemical Composition and Nutritive Value of Canadian Pulses. [www.pulsecanada.com](http://www.pulsecanada.com); Daily Values obtained from the U.S. FDA.; Carbohydrates determined by difference, Fiber calculated by Carbohydrate - (Starch + Oligosaccharides + Sucrose).

**White pea beans  
(navy beans)**

- Pea-sized beans that are creamy white in color
- Mild-flavored beans that are dense and smooth
- Traditionally used in baked beans

**Pinto beans**

- Deep reddish brown striations on their light brown shell
- Turn creamy pink/brown color when cooked
- Commonly used for refried beans and burritos

**Dark red  
kidney beans**

- Vibrant color and flavor
- Popular in chilis
- Mealy texture is perfect for salads and casseroles

**Great Northern  
beans**

- Large oval-shaped white bean
- Delicate flavor
- Often used in cassoulet
- Great in baked beans or salad

**Black beans  
(black turtle)**

- Size varies from small to large
- When cooked maintain their round shape and satiny black color
- Insides are creamy-colored
- Popular in Caribbean, South American and Mexican cooking

**Cranberry beans  
(romano beans)**

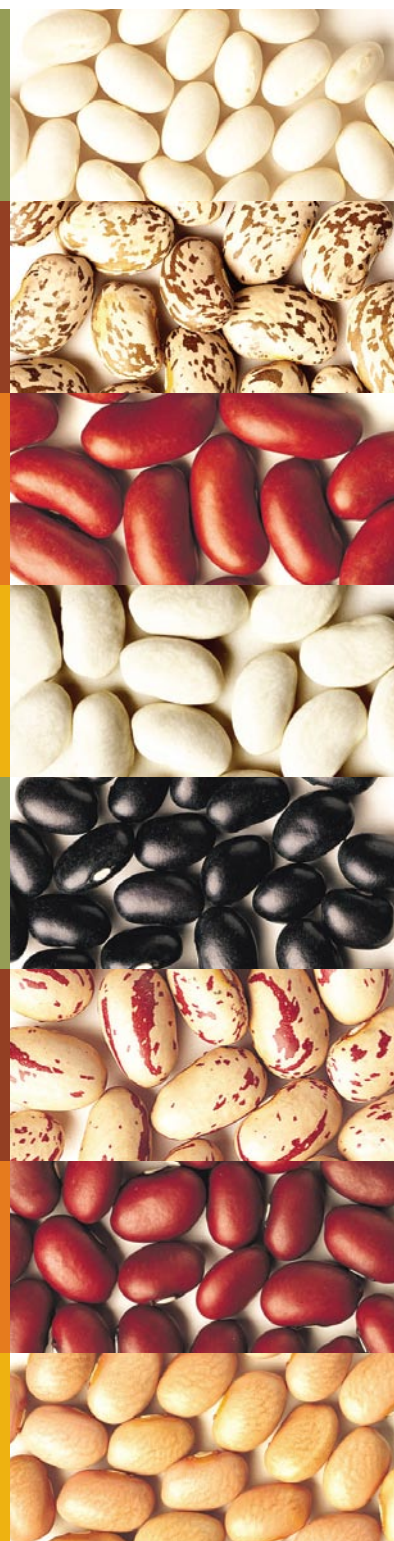
- Deep cranberry-colored striations on their shell
- Popular in Italian cooking
- Can be substituted in any dishes calling for kidney beans

**Small red beans**

- Red/orange cotyledon
- Cook quickly and are easily added to soups and tomato sauces
- Used in traditional Caribbean bean and rice dishes

**Pink beans**

- Pale rose color, turning reddish-brown when cooked
- Delicate flavor



# CANADIAN BEAN PRODUCTS



## Whole Beans

- Often found in soups, salad bars and ethnic cooking
- Soak dry whole beans prior to cooking for 45 to 60 minutes

## Food Product Applications

- Ready-to-eat meals, soups, salads
- Vegetarian products
- Gluten-free applications
- Ethnic cuisine (Mexican, Caribbean)
- Easily added to meat dishes to reduce fat and saturated fat
- Easily added to soups and tomato sauces



## Bean Flours

- Finely ground flour or powder from beans
- Available pre-cooked, organic, kosher, halal

## Food Product Applications

- Gluten-free applications
- Pasta
- Breads, buns, baked goods
- Crackers and cookies
- Extruded and puffed snack foods



## Bean Flakes

- Flakes are pressed seeds, similar in appearance to large oat flakes
- Available pre-cooked, organic, kosher, halal

## Food Product Applications

- Nutrition bars
- Breakfast cereals
- Bread, buns, cookies and baked goods
- Soups, casseroles and pilafs

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