## Native Forest® Organic Sliced Water Chestnuts are delicious, slightly nutty tasting vegetables

that lend their refreshingly crisp character to many favorite recipes. Add them to soup or stir fry for an authentic Asian flair.

**Directions:** Drain, rinse and serve.

Refrigerate unused portion and enjoy within 4 days.

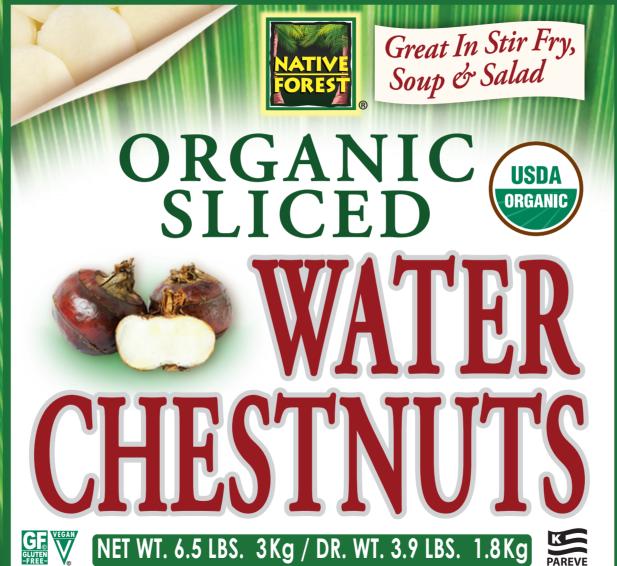
See delicious recipes at edwardandsonsrecipes.org Organic farming nourishes soil, promotes biodiversity, and produces some of the best tasting water chestnuts in the world!



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A Family-Owned Vegetarian Company Offering Convenience Without Compromise® Since 1978. Get to know us better at edwardandsons.com

NON-BPA CAN (BPANI)





ORGANIC >NON GMO

## **Nutrition Facts**

About 13 servings per container Serving Size 1/2 cup (130g)

Amount per serving Calories

**70** 

% Daily	/ Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 5mg	0%

\* The % Daily Value (DV) tells you how much a nutrien n a serving of food contributes to a daily diet. 2.000 alories a day is used for general nutritional advice.

Ingredients: Organic Water Chestnuts, Filtered Water, Citric Acid.

Distributed by: Edward & Sons Tradina Co., Inc. Edward PO Box 1326 ns Carpinteria. CA 93014 USA edwardandsons.com Certified organic by QAI email: custserv@edwardandsons.com

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