

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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NON-BPA CAN (BPANI)



*Great In Stir Fry,
Soup & Salad*

**ORGANIC
SLICED**



**WATER
CHESTNUTS**



NET WT. 6.5 LBS. 3Kg / DR. WT. 3.9 LBS. 1.8Kg



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%
Iron 1mg	6%
Potassium 150mg	3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

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

Distributed by:
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