

**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](http://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.  
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NON-BPA  
CAN (BPANI)



*Great In Stir Fry,  
Soup & Salad*



**ORGANIC SLICED  
WATER CHESTNUTS**

**NET WT. 8 OZ. 227g / DR. WT. 4.9 OZ. 140g**



## Nutrition Facts

About 1 serving  
per container

**Serving size**  
**1/2 cup (130g)**

**Calories**  
**per serving 70**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 16g	<b>6%</b>
Sat. Fat 0g	<b>0%</b>	Fiber 3g	<b>11%</b>
Trans Fat 0g		Total Sugars 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>	<b>Protein</b> 1g	
Vitamin D 0% • Calcium 0% • Iron 6% • Potassium 3%			

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

Product of China

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**Edward & Sons Trading Co., Inc.**  
Edward & Sons  
PO Box 1326  
Carpinteria, CA 93014 USA  
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email: [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)