

**Product:** Sliced Water Chestnuts

**Brand:** World Horizons

**Pack:** 6/10

**Item #:** 46009

**Ingredients:** Sliced water chestnuts and water.

**Country of Origin:**

**Shelf life:** 2 years

**Recommended Storage:** Dry. Store in a cool dry location.

Nutrition Facts		
<b>Serving Size</b>	½ cup (100g)	
<b>Serving per container</b>	about 29	
<b>Amount per Serving</b>		
<b>Calories 50</b>	<b>Calories from fat 0</b>	
<b>% Daily Value</b>		
<b>Total fat</b>	<b>0g</b>	<b>0%</b>
<b>Saturated fat</b>	<b>0g</b>	<b>0%</b>
<b>Trans fat</b>	<b>0</b>	
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>
<b>Sodium</b>	<b>8mg</b>	<b>0%</b>
<b>Total Carbohydrate</b>	<b>13g</b>	<b>4%</b>
Dietary Fiber	<b>2.5g</b>	<b>10%</b>
Sugars	<b>0g</b>	
<b>Protein</b>	<b>0 g</b>	
<b>Vitamin A 0%</b>	•	<b>Vitamin C 2%</b>
<b>Calcium 0%</b>	•	<b>Iron 5%</b>
<b>Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</b>		
	<b>Calories 2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>&lt; 65g</b>	<b>&lt; 80g</b>
<b>Sat. Fat</b>	<b>&lt; 20g</b>	<b>&lt; 25g</b>
<b>Cholesterol</b>	<b>&lt; 300mg</b>	<b>&lt; 300mg</b>
<b>Sodium</b>	<b>&lt; 2400mg</b>	<b>&lt; 2400mg</b>
<b>Total</b>	<b>300g</b>	<b>375g</b>
<b>Carbohydrates</b>		
Dietary Fiber	<b>25g</b>	<b>30g</b>
<b>Calories per gram:</b>		
<b>Fat 9</b>	<b>Carbohydrates 4</b>	<b>Protein 4</b>