

Native Forest® Organic Sliced Water Chestnuts are grown according to USDA organic standards and packed without sulfites or preservatives. Organic farming nourishes the soil, promotes biodiversity, provides a premium to farmers and produces some of the best tasting water chestnuts in the world! Native Forest Organic Sliced Water Chestnuts are crisp, refreshing and low-calorie additions to any salad. Add them to soup for an Asian flair. Stir-fry them with sliced vegetables. Enjoy! For more recipes, see edwardandsonsrecipes.org.

Directions: Drain, rinse and serve. Refrigerate unused portion in a covered glass or plastic container and enjoy within 4 days.



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*Great In Stir Fry,
Soup & Salad*



**ORGANIC SLICED
WATER CHESTNUTS**

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





Nutrition Facts

1 serving per container
Serving size 1/2 cup (130g)

Calories per serving 70

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

Ingredients:
Organic Water Chestnuts,
Water, Citric Acid.

Product of China
email custserv@edwardandsons.com

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Kiwa BCS Öko-Garantie GmbH

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