

Nutrition Facts

Water Chestnuts

Serving size (100g)

Amount Per Serving

Calories

100

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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0.25g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0.06mg	0%
Potassium 0mg	0%
Vitamin C 4mg	4%
Vitamin E 1.2mg	4%

*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 nutrition advice.