



DUET

# 078154 - Water Chestnut Sliced

Roland Sliced Water Chestnuts have a uniform size, texture, and great color. This is our largest tin size. Their size is excellent for foodservice operators who have everyday demands for a high usage level.



## Nutrition Facts

Servings per Container 84  
Serving size 1cup (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 Added Sugar | 0g   | 0%  |

|           |       |    |
|-----------|-------|----|
| Protein   | 1g    |    |
| Vitamin D | 0mcg  | 0% |
| Calcium   | 5.2mg | 0% |
| Iron      | 1.1mg | 6% |
| Potassium | 153mg | 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 nutrition advice.

### \* Benefits

### Ingredients

Water chestnuts, Water, Citric Acid

### Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

Roland Sliced Water Chestnuts should be refrigerated after opening.

### Serving Suggestions

Roland Peeled Water Chestnuts are used in oriental cooking especially stir fry dishes. Try as an appetizer wrapped with bacon, on salads, for fowl, or mixed with vegetables as a side dish.

### Prep & Cooking Suggestions

Roland Sliced Water Chestnuts can be served hot or cold.

### Product Specifications

| Brand | Manufacturer | Product Category            |
|-------|--------------|-----------------------------|
| DUET  | REMA FOODS   | Vegetables, Canned & Frozen |

| MFG #   | SPC #  | GTIN           | Pack | Pack Desc. |
|---------|--------|----------------|------|------------|
| 46009AA | 078154 | 10041224427102 | 6    | 6/#10      |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 44.9lb       | 44.9lb     | USA               | Yes    | No              |

| Shipping Information |        |        |         |       |            |                      |
|----------------------|--------|--------|---------|-------|------------|----------------------|
| Length               | Width  | Height | Volume  | TlxHl | Shelf Life | Storage Temp From/To |
| 18.8in               | 12.9in | 7.7in  | 1.08ft3 | 8x3   | 0DAYS      | 40°F / 111°F         |



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## Nutrition Analysis - By Serving

|                        |     |                     |      |              |       |
|------------------------|-----|---------------------|------|--------------|-------|
| Calories               | 70  | Total Fat           | 0g   | Sodium       | 10mg  |
| Protein                | 1   | Trans Fats          | 0g   | Calcium      | 5.2mg |
| Total Carbohydrates... | 16g | Saturated Fat       | 0g   | Iron         | 1.1mg |
| Sugars                 | 3g  | Added Sugars        | 0g   | Potassium    | 153mg |
| Dietary Fiber          | 3g  | Polyunsaturated Fat |      | Zinc         |       |
| Lactose                |     | Monounsaturated Fat |      | Phosphorus   |       |
| Sucrose                |     | Cholesterol         | 0mg  |              |       |
| Vitamin A(U)           |     | Vitamin D           | 0mcg | Thiamin      |       |
| Vitamin A(RE)          |     | Vitamin E           |      | Niacin       |       |
| Vitamin C              |     | Folate              |      | Riboflavin   |       |
| Magnesium              |     | Vitamin B-6         |      | Vitamin B-12 |       |
| Monosodium             |     | Sulphites           |      | Nitrates     |       |

### Additional Images

