



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 **1 cup (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

