





* Benefits

Ingredients	▲ Allergens
Water Chestnuts, Water And Citric Acid	

Nutrition Facts

Servings per Container 3.5 Serving size 1/2cup(116g)

Amount per serving Calories

60

₹. -	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes Added Sugar	- %
Protein 1g	-
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	3%
Potassium 140mg	3%
Potassium 140mg	,

* 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.

Handling Suggestions

Follow storage and usage instructions as printed on consumer packaging.

Serving Suggestions

Visit conagrafoods.com for serving suggestions and recipe ideas.

Prep & Cooking Suggestions

Ready to use

Product Specifications

Brand	Manufacturer		
La Choy	Conagra Brands		

MFG #	SPC #	GTIN	Pack	Pack Desc.
4430012651	29031700	10044300126517		cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.5lb	11.25lb	USA	Yes	No

ı	Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
	12.25in	9.13in	4.56in	0.3ft3	15x9	1080DAYS	50°F / 85°F	







Nutrition Analysis - By Serving

Calories	60	Total Fat	0g	Sodium	15mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates•••	14g	Saturated Fat	0g	Iron	0.6mg
Sugars	3g	Added Sugars		Potassium	140mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images













