

Nutrition Facts

13 servings per container

Serving size 1 cup drained (130g)

Amount per serving

Calories **45**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 6%

Potassium 166mg 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.

INGREDIENTS:
WATER CHESTNUTS, WATER,CITRIC ACID.