



# CHINESE WATER CHESTNUT NUTRITION FACTS

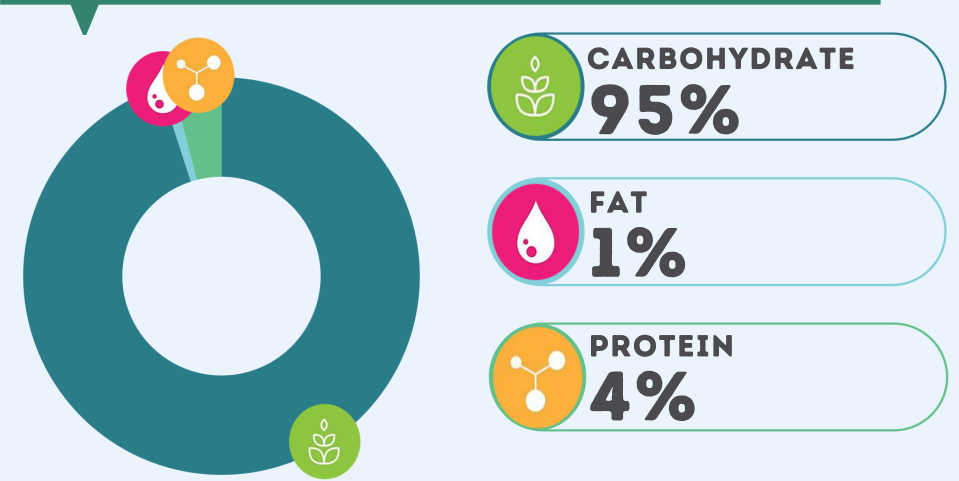


## CALORIES 97/100GM

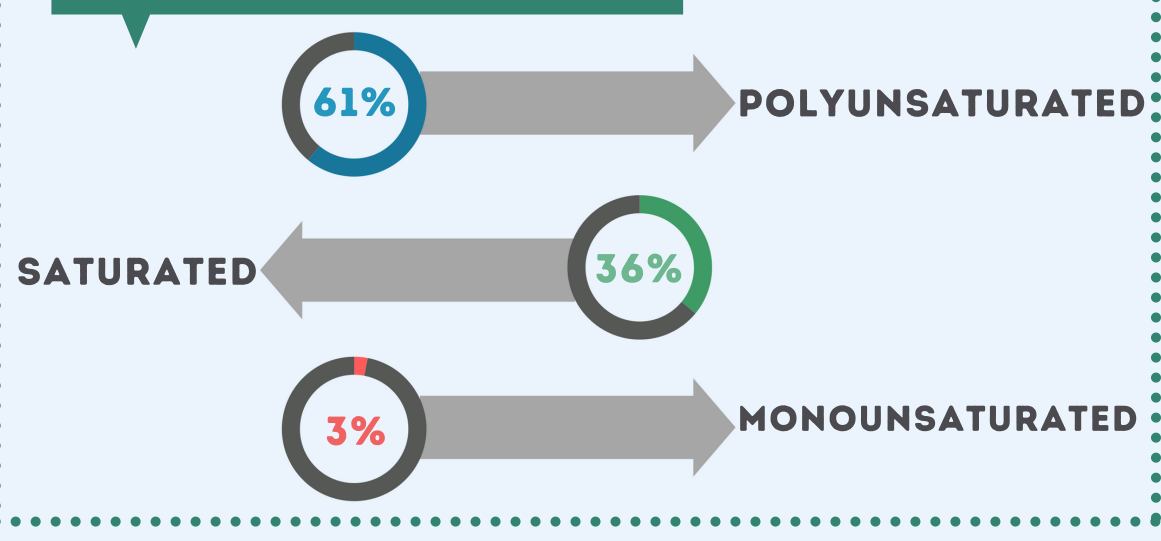
	AMOUNT		AMOUNT
CARBOHYDRATE	23.94 G	NIACIN	1.000 MG
FAT	0.10 G	VITAMIN A	0.00
PROTEIN	1.40 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.328 MG
FIBER	3.0 G	VITAMIN C	4.0 MG
RIBOFLAVIN	0.200 MG	VITAMIN D	0.00
SODIUM, NA	14 MG	FOLATE	16 MCG
THIAMIN	0.140 MG		



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### CHINESE WATERCHESTNUT OTHER NAMES

- ELEOCHARIS DULCIS
- MATAI
- WATER CALTROP
- WATERNUT

### MINERALS IN CHINESE WATERCHESTNUT

11 MG	CALCIUM, CA	1 % (DV)
0.326 MG	COPPER, CU	36 % (DV)
0.06 MG	IRON, FE	0 % (DV)
22 MG	MAGNESIUM, MG	6 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
63 MG	PHOSPHORUS, P	9 % (DV)
584 MG	POTASSIUM, K	12 % (DV)
0.50 MG	ZINC, ZN	5 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.