



# INDIAN WATER CHESTNUT NUTRITION FACTS

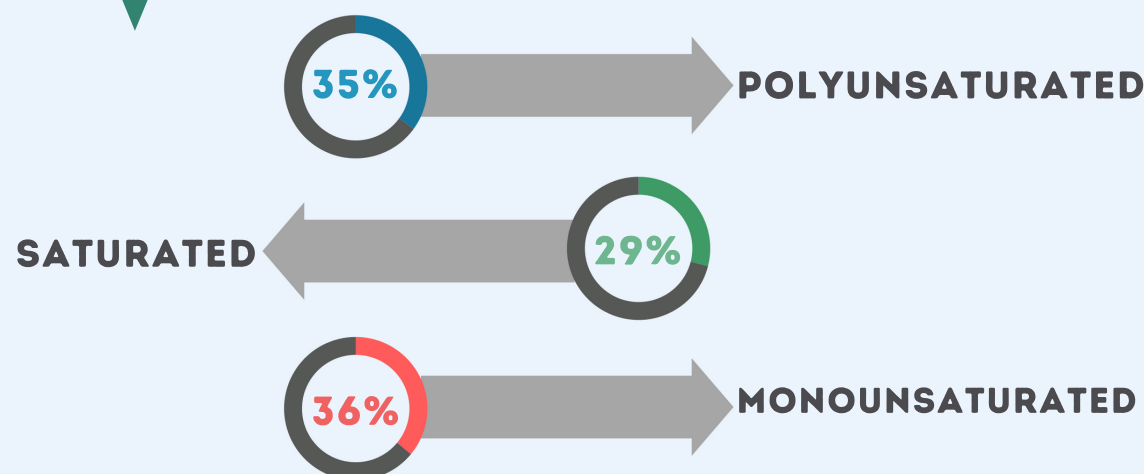


## CALORIES 96/100GM

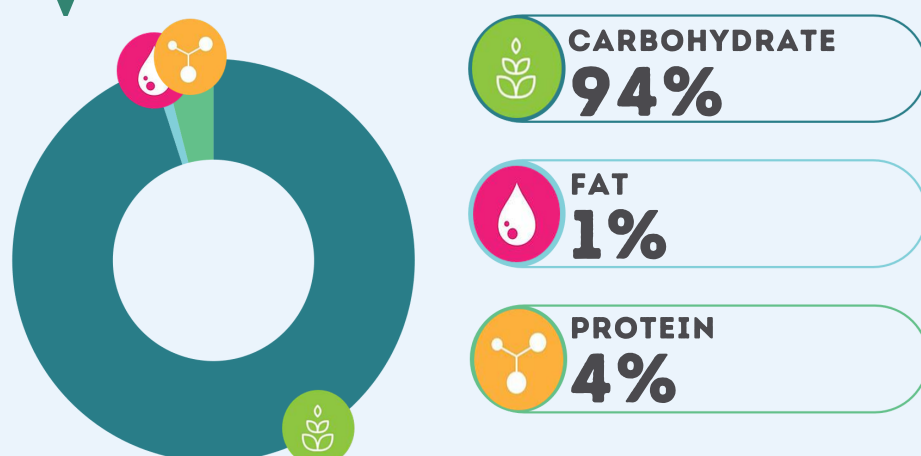
	AMOUNT		AMOUNT
CARBOHYDRATE	21.46 G	NIACIN	0.74 MG
FAT	0.37 G	VITAMIN A	0.00
PROTEIN	0.86 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.13 MG
FIBER	3.02 G	VITAMIN C	5.26 MG
RIBOFLAVIN	0.02 MG	VITAMIN D	0.00
SODIUM, NA	13 MG	FOLATE	9.8 MCG
THIAMIN	0.02 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### INDIAN WATERCHESTNUT OTHER NAMES

ELEOCHARIS DULCIS  
SINGHARA  
WATER CALTROP  
WATERNUT  
BULLNUT  
BATNUT

### MINERALS IN INDIAN WATERCHESTNUT

37.15 MG	CALCIUM, CA	3 % (DV)
0.19 MG	COPPER, CU	20 % (DV)
0.77 MG	IRON, FE	3 % (DV)
57.43 MG	MAGNESIUM, MG	15 % (DV)
2.43 MCG	SELENIUM, SE	6 % (DV)
62.83 MG	PHOSPHORUS, P	9 % (DV)
382 MG	POTASSIUM, K	8 % (DV)
0.67 MG	ZINC, ZN	6 % (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.