



# Oriental Vegetables

*Sliced Bamboo Shoots and Water Chestnuts*

Our sliced water chestnuts and bamboo shoots can be used in many oriental and American dishes.



### FEATURES/BENEFITS

- Pre-sliced for ease of preparation, saves time and labor
- Can be diced and added to chow mein, chop suey or stir-fry dishes.
- Tree-ripened, harvested and then packed in brine to retain premium quality.
- Toss these into your healthy salad for a crisp delicacy.

### APPLICATIONS

- Perfect ingredient for use in salads, marinades, chow mein, chop suey, or stir-fry dishes.

### STORAGE/PREPARATION

STORAGE: Store in a cool dry place away from direct sunlight. Refrigerate after opening.

### NUTRITION FACTS:

Sliced Water Chestnuts:

Serving Size 1/2 Cup (140g), Calories 30, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Carbohydrates 8g, Sugar 1g, Fiber 2g, Protein 1g, Vitamin D 2mcg, Calcium 0mg, Iron 0mg, Potassium 210mg.

Bamboo Shoots:

Serving Size 1/2 Cup (140g), Calories 35, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 21mg, Carbohydrates 4g, Sugar 1g, Fiber 3g, Protein 1g, Vitamin D 0mcg, Calcium 28mg, Iron 1mg, Potassium 0mg.

COUNTRY OF ORIGIN: China



IPM selects only the finest quality suppliers in the world to pack our product. Continual inspection and selection during process ensures that you receive a premium product.

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