



#### MARKETING



## **Serving Size** 1/2 cup (116g)

3.5 Servings per container

**Nutrition Facts** 

# **Amount Per Serving Calories**

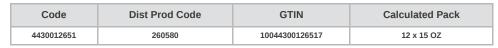
0%

4%

	% Daily Value
Total Fat 0	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrates 14 g	5%
Dietary Fiber 1 g	4%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%

Potassium 140 mg	2%
* The % Daily Values (DV) tells you how much a nutrient in a serving of for contributes to a daily diet 2,000 calories a day is used for general nutriti	

#### PRODUCT SPECIFICATIONS



Brand	Brand Owner	GPC Description
La Choy	Conagra Brands, Inc	Vegetable Based Products / Meals - Ready to Eat (Shelf Stable)

Gross Weight	s Weight   Net Weight   Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition
13.5 LBR	11.25 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.25 INH	9.125 INH	4.563 INH	0.295 FTQ	15x9	1080 Days	50 FAH / 85 FAH

# **ALLERGENS**



SERVING SUGGESTIONS

packaging.



**INGREDIENTS** Water Chestnuts, Water, Citric Acid.

Calcium 0 mg

Iron 0.6 ma

advice.

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

(P) Milk - 30

Peanuts - 30

( Eggs - 30

(1) Tree Nuts - 30

(%) Soy - 30

(SO) Fish - 30

(\$) Wheat - 30

Shellfish - 30

Sesame - 30

consumer packaging.

#### HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS

Follow serving suggestions as printed on the



Please follow preparation instructions as printed on the consumer packaging.

## MORE INFORMATION



Website: https://help.conagra.com/pim/

Visit our website for benefit and recipe ideas.



NUTRITIONAL ANALYSIS

Calories	60
Protein	1 g
Total Carbohydrates	14 g
Sugars	3 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	15 mg
Calcium	0 mg
Iron	0.6 mg
Potassium	140 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

**NUTRITIONAL CLAIMS** 

## MORE IMAGES



