

## Tiger Tiger Water Chestnuts whole - Information

Water chestnuts are normally added to stir-fries, stuffing's, and dumpling fillings for extra texture and a sweet flavour.

**TFS Product Code:** 028281  
**Suppliers Product Code:**  
**Information Last Updated:** 08/01/2022  
**Date Produced:** 03/04/2025



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	35.00
Energy (kJ)	146.00
Protein (g)	1.00
Carb (g)	8.00
Of Which Sugars (g)	3.00
Fat (g)	<0.50
Of Which Saturates (g)	0.10
Fibre (g)	2.00
Salt (g)	<0.01

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Water Chestnuts, Water, Acidity Regulator E330

## Handling Information

### Directions for Use

Water chestnuts are great for salads, soups, wraps or even pizza toppings.

### Storage Instructions

Unopened - Ambient away from direct light and heat. Opened - Refrigerated in an airtight container with water.

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