

## ASIAN VEGETABLES

*the natural choice to wok with*



### **LIVE WELL. SPEND LESS. DISCOVER NATURAL VALUE.**

We think that a healthy lifestyle should be affordable for everyone. We developed Natural Value because we felt that we could find and deliver premium quality natural and planet-friendly products to the marketplace in a more efficient and cost-effective manner. To that end, we've managed to streamline the distribution process and lower the cost of living well. Our goal is not to woo Wall Street with large profit margins. It is to reward your commitment to living responsibly with lower prices on natural products. We prefer a business model where everyone, including you, profits.

# ASIAN VEGETABLES



**CUT BABY CORN**

**INGREDIENTS:**  
Sweet Corn, Water, Salt

**706173-010272**

Nutrition Facts	
Serving Size 3 oz (85 g) drained	
Servings Per Container: about 3	
Amount per serving	
Calories 45 Calories from fat 0	
% Daily Value*	
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 8g	3%
Dietary Fiber 6g	23%
Sugars 0g	
Protein 3g	
Vitamin A 2% • Vitamin C 15%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	



**BAMBOO SHOOTS**

Nutrition Facts	Amt/serving	%DV*	Amt/serving	%DV*
	Serv. Size: 3 oz (85g) drained			
Servings: about 2				
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 8g	<b>3%</b>	
Sat. Fat 0g		Fiber 3g	<b>10%</b>	
<b>Sodium</b> 5mg	<b>0%</b>	<b>Protein</b> 3g		
<b>Calories</b> 45		Vitamin C 10%	• Calcium 4%	• Iron 8%
Fat. Calories 0		*Percent Daily Values (%DV) are based on a 2,000 calorie diet.		

**INGREDIENTS:**  
Water chestnuts, water

**706173-010302**



**WHOLE BABY CORN**

**INGREDIENTS:**  
Sweet Corn, Water, Salt

**706173-010265**

Nutrition Facts	
Serving Size 3 oz (85 g) drained	
Servings Per Container: about 3	
Amount per serving	
Calories 45 Calories from fat 0	
% Daily Value*	
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 8g	3%
Dietary Fiber 6g	23%
Sugars 0g	
Protein 3g	
Vitamin A 2% • Vitamin C 15%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	



**SLICED WATER CHESTNUTS**

Nutrition Facts	Amt/serving	%DV*	Amt/serving	%DV*
	Serv. Size: 1/2 cup (75g) drained			
Servings: about 2				
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 5g	<b>2%</b>	
Sat. Fat 0g		Fiber 1g	<b>4%</b>	
<b>Sodium</b> 5mg	<b>0%</b>	<b>Protein</b> 0g		
<b>Calories</b> 20		Vitamin C 4%		
Fat. Calories 0		*Percent Daily Values (%DV) are based on a 2,000 calorie diet.		

**INGREDIENTS:**  
Water chestnuts, water

**706173-010289**



**MARINATED BABY CORN**

**INGREDIENTS:**  
Water chestnuts, water

**706173-004707**

Nutrition Facts	
Serving Size 4 pieces (48g)	
Servings Per Container: 4	
Amount per serving	
Calories 20 Calories from fat 0	
% Daily Value*	
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein less than 1g	
Not a significant source of Cholesterol, Vitamin A, Vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	



**WHOLE WATER CHESTNUTS**

Nutrition Facts	Amt/serving	%DV*	Amt/serving	%DV*
	Serv. Size: 1/2 cup (75g) drained			
Servings: about 2				
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 5g	<b>2%</b>	
Sat. Fat 0g		Fiber 1g	<b>4%</b>	
<b>Sodium</b> 5mg	<b>0%</b>	<b>Protein</b> 0g		
<b>Calories</b> 20		Vitamin C 4%		
Fat. Calories 0		*Percent Daily Values (%DV) are based on a 2,000 calorie diet.		

**INGREDIENTS:**  
Water chestnuts, water

**706173-010296**

## ORDERING INFORMATION

DESCRIPTION	UPC	CS/PK	WT.	CUBE	PALLET	ITEM DIMENSION	CASE DIMENSION
Whole Baby Corn	706173-010265	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75
Cut Baby Corn	706173-010272	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75
Marinated Baby Corn	706173-004707	12/12 oz	17	0.34	17 x 10	4 1/4 x 2 7/8 D	5 x 9.5 x 12.5
Bamboo Shoots	706173-010302	12/8 oz	7	0.20	14 x 20	2 x 3.375 D	2.5 x 10.43 x 13.6
Whole Water Chnuts	706173-010296	12/15 oz	14	0.20	14 x 20	2 x 3.375 D	2.5 x 10.43 x 13.6
Sliced Water Chnuts	706173-010289	12/15 oz	14	0.20	14 x 20	2 x 3.375 D	2.5 x 10.43 x 13.6