

Water Chestnut: A Good Source of Starch

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Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me). (Prof. Ophelia Wiegand I)

WATER CHESTNUT: A GOOD SOURCE OF STARCH



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LAP Lambert Academic Publishing. Paperback. Condition: New. 92 pages. Dimensions: 8.7in. x 5.9in. x 0.2in.Water chestnut plant is free-floating which is grown in ponds, marshy lands or shallow water fields in tropical and sub-tropical countries. Water chestnuts are known to possess a remarkable nutritional composition, which makes them an excellent food source that can be a dietary staple. For this reason, they are set apart from all the other nuts. The best part is that they are free of any cholesterol and are almost fat-free. They are also gluten-free. They have a white and crispy flesh and small, rounded corms that can also be eaten raw. Water chestnuts are a popular ingredient in the Chinese cuisine. Water chestnuts are just the perfect food for those who want to lead a healthy life. They are almost fatless and are therefore, a healthy food option. Half a cup of water chestnuts contains only 0. 1 g fat. Water chestnuts are an excellent source of potassium, which is a very important mineral for human health. Half a cup of water chestnuts contains 350 to 360 mg of potassium. Water chestnuts are also known to contain detoxifying properties and are considered to be good for people suffering from jaundice. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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