



# Nutritional Fact Sheet

## Onions, Chopped

**Ingredients:** Dehydrated Onions.

**Description & Directions:** Fresh, mature, onions are washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 5-10 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:12.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	8g (app. 1 Tbs)
Energy (Calories)	349	27.92
Total Fat	0.46g	0.0368g
Saturated Fat	0.08g	0.0064g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	21mg	1.68mg
Total Carbohydrates	83.28g	6.6624g
Dietary Fiber	9.2g	0.736g
Sugars	35.89g	2.8712g
Protein	8.95g	0.716g
Vitamin A (IU)	21	1.68
Thaimin-B1	0.5mg	0.04mg
Riboflavin	0.1mg	0.008mg
Niacin	1mg	0.08mg
Vitamin B-6	1.6mg	0.128mg
Vitamin C	75mg	6mg
Calcium	257mg	20.56mg
Iron	1.55mg	0.124mg
Phosphorus	303mg	24.24mg
Potassium	1622mg	129.76mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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