



## Nutritional Fact Sheet Shallots, Sweet

**Ingredients:** Dehydrated Shallots.

**Description & Directions:** Fresh, mature, shallots 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 1:4.

**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	5g (app. 1 Tbs)
Energy (Calories)	348	17.4
Total Fat	0.5g	0.025g
Saturated Fat	0.08g	0.004g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	59mg	2.95mg
Total Carbohydrates	80.7g	4.035g
Dietary Fiber	4.72g	0.236g
Sugars	14.57g	0.7285g
Protein	12.3g	0.615g
Vitamin A (IU)	56099	2804.95
Thaimin-B1	0.3mg	0.015mg
Riboflavin	0.1mg	0.005mg
Niacin	1mg	0.05mg
Vitamin B-6	1.68mg	0.084mg
Vitamin C	39mg	1.95mg
Calcium	183mg	9.15mg
Iron	6mg	0.3mg
Phosphorus	296mg	14.8mg
Potassium	1650mg	82.5mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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