



Nutritional Fact Sheet

Chive Rings

Ingredients: Dehydrated Chives

Description & Directions: Fresh, mature, chives are washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 3-6 minutes, or in cold water for 15 minutes. Use 2 parts water to 1 part product. Rehydration ratio is about 1:6.

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
Calories	311.00 kcal
Protein	21.20 g
Total Carbohydrate	64.29 g
Sugars	1.85 g
Added Sugars	0.00 g
Dietary Fiber	26.20 g
Total Fat	3.50 g
Saturated Fat	0.59 g
Cholesterol	0.00 mg
Thiamin – B1	0.90 mg
Riboflavin – B2	1.50 mg
Niacin – B3	9.85 mg
Vitamin B6	2.00 mg
Vitamin C	660.00 mg
Vitamin D	0.00 mcg
Calcium	813.00 mg
Iron	20.00 mg
Phosphorus	518.00 mg
Potassium	2960.00 mg
Sodium	70.00 mg
Trans Fat	0.00 g