



## 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
Calories	341.00 kcal
Protein	10.41 g
Total Carbohydrate	79.12 g
Sugars	6.63 g
Added Sugars	0.00 g
Dietary Fiber	15.20 g
Total Fat	1.04 g
Saturated Fat	0.22 g
Cholesterol	0.00 mg
Thiamin – B1	0.46 mg
Riboflavin – B2	0.08 mg
Niacin – B3	0.32 mg
Vitamin B6	0.72 mg
Vitamin C	23.40 mg
Vitamin D	0.00 mcg
Calcium	384.00 mg
Iron	3.90 mg
Phosphorus	322.00 mg
Potassium	985.00 mg
Sodium	73.00 mg
Trans Fat	0.00 g