



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
Calories	335.05 kcal
Protein	11.63 g
Total Carbohydrate	78.18 g
Sugars	36.62 g
Added Sugars	0.00 g
Dietary Fiber	14.89 g
Total Fat	0.47 g
Saturated Fat	0.08 g
Cholesterol	0.00 mg
Thiamin – B1	0.28 mg
Riboflavin – B2	0.09 mg
Niacin – B3	0.93 mg
Vitamin B6	1.61 mg
Vitamin C	37.23 mg
Vitamin D	0.00 mcg
Calcium	172.18 mg
Iron	5.58 mg
Phosphorus	279.21 mg
Potassium	1554.26 mg
Sodium	55.84 mg
Trans Fat	0.00 g