



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	1g (app. 1 Tbs)
Energy (Calories)	311.00	3.11
Total Fat	26.20g	0.26g
Saturated Fat	0.59g	0.01g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	70.00mg	0.70mg
Total Carbohydrates	64.30g	0.64g
Dietary Fiber	26.20g	0.26g
Sugars	14.70g	0.15g
Protein	21.20g	0.21g
Vitamin A (IU)	43530.00	435.30
Thaimin-B1	0.90mg	0.01mg
Riboflavin	1.50mg	0.01mg
Niacin	5.90mg	0.06mg
Vitamin B-6	2.00mg	0.02mg
Vitamin C	660.00mg	6.60mg
Calcium	813.00mg	8.13mg
Iron	20.00mg	0.20mg
Phosphorus	518.00mg	5.18mg
Potassium	2960.00mg	29.60mg

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