



# 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	8g (app. 1 Tbs)
Energy (Calories)	349.00	27.92
Total Fat	0.46g	0.04g
Saturated Fat	0.08g	0.01g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	21.00mg	1.68mg
Total Carbohydrates	83.28g	6.66g
Dietary Fiber	9.20g	0.74g
Sugars	35.89g	2.87g
Protein	8.95g	0.72g
Vitamin A (IU)	21.00	1.68
Thaimin-B1	0.50mg	0.04mg
Riboflavin	0.10mg	0.01mg
Niacin	1.00mg	0.08mg
Vitamin B-6	1.60mg	0.13mg
Vitamin C	75.00mg	6.00mg
Calcium	257.00mg	20.56mg
Iron	1.55mg	0.12mg
Phosphorus	303.00mg	24.24mg
Potassium	1622.00mg	129.76mg

Physical Address: 181 Industrial Park Road \* Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

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