



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	5g (app. 1 Tbs)
Energy (Calories)	348.00	17.40
Total Fat	0.50g	0.03g
Saturated Fat	0.08g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	59.00mg	2.95mg
Total Carbohydrates	80.70g	4.04g
Dietary Fiber	4.72g	0.24g
Sugars	14.57g	0.73g
Protein	12.30g	0.62g
Vitamin A (IU)	56099.00	2804.95
Thaimin-B1	0.30mg	0.01mg
Riboflavin	0.10mg	0.01mg
Niacin	1.00mg	0.05mg
Vitamin B-6	1.68mg	0.08mg
Vitamin C	39.00mg	1.95mg
Calcium	183.00mg	9.15mg
Iron	6.00mg	0.30mg
Phosphorus	296.00mg	14.80mg
Potassium	1650.00mg	82.50mg

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