

Nutrition Facts			
Serving Size: 1 Tsp (3g) Dry			
Servings Per Container: 217			
Amount Per Serving			
Calories	10	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		1%
Sugars	1g		
Protein	0g		
Vitamin A	0%	•	Vitamin C 4%
Calcium	0%	•	Iron 0%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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DIRECTIONS:

Use directly from the can. Add to gravies, salad dressings, sauces, soups, stews, etc.

1/4 cup is equal to approx. one cup of fresh onion.

Reconstitute before using in fried foods -

1 Tbsp of Chopped Onion to 1/3 cup of warm water - let stand 10 minutes.

INGREDIENTS: Dehydrated onions.