

Nutrition Facts

217 servings per container
Serving size 1 tsp (3g) dry
 (about 1 3/4 tbsp prepared)

Amount per serving
Calories 10

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 49mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Onions.

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover onions with warm water.
3. Let stand 10 minutes. Drain.

One-quarter cup of dehydrated chopped onions equals approximately one cup of chopped fresh onions or one medium-size onion.

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