



# Dehydrated Chopped Onions



Serving Suggestion  
Photo Enlarged to Show Texture

## DIRECTIONS

One tablespoon is equal to one onion. Use directly from package. Add to soups and stews, sauces, gravies, salad dressings, etc.

Reconstitute before using in fried foods.

Place 1 tablespoon chopped onion in 1/3 cup of warm water and let stand 10 minutes, drain before using.

## INGREDIENTS

Dehydrated Onions

Allergen: None

## Nutrition Facts

Serving Size: 1 teaspoon (3g)  
Servings Per Container: 240

### 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      **0%**

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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:	Fat 9	Carbs 4	Protein 4	

FDA Plant # 49-09



NET WT 1 lb 9.4oz (720g)

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