

## Nutritional Analysis of Dehydrated Onion Chopped

<b>Physical Analysis</b>		
Size	Chopped - 3 x 5 mm	
Color	Creamy White/Reddish/Pinkish	
Variety	White/Red/Pink	
Quality	Premium	
Odor	Fresh	
Taste	Original (Typical, Spicy, Slightly sweetish)	
<b>Nutritional Analysis</b>		
<b>NUTRIENT</b>	<b>PER 100 GRAMS DRY</b>	<b>8G (APP. 1 TBS)</b>
Energy (Calories)	349.00	27.92
Total Fat	0.46 g	0.04 g
Saturated Fat	0.08 g	0.01 g
Trans Fat	0.00 g	0.00 g
Total Carbohydrates	83.30 g	6.66 g
Dietary Fiber	9.20 g	0.74 g
Sugars	37.40 g	2.99 g
Protein	9.00 g	0.72 g
Cholesterol	0.00 g	0.00 g
Riboflavin	0.10 mg	0.01 mg
Niacin	1.00 mg	0.08 mg
Vitamin B-6	1.60 mg	0.13 mg
Vitamin C	75.00 mg	6.00 mg
Calcium	257.00 mg	20.56 mg
Magnesium	92.00 mg	7.36 mg
Phosphorus	303.00 mg	24.24 mg
Potassium	1622.00 mg	129.76 mg
Sodium	21.00 mg	1.8 mg



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