



NUTRITIONAL GUIDANCE:White Onion

Serving Size: 100g

Nutritional information is derived from NutriCalc nutritional analysis software from calculated values.

Actual values will vary within natural products. Values listed are to aid development work and should not be used to determine product labels. Customers should conduct further analysis of their final products as required by 21CFR101.9.

Calories	367.00 kcal	Niacin Equiv.	-- mg
Protein	10.40 g	Vitamin B6	0.72 mg
Carbohydrates	79.10 g	Vitamin B12	0.00 mcg
Sugars	6.60 g	Folate	64.00 mcg
Added Sugars	0.00 g	Pantothenic Acid	0.73 mg
Dietary Fiber	15.20 g	Vitamin C	23.00 mg
Fat - Total	1.00 g	Vitamin D	0.00 mcg
Saturated Fat	0.20 g	Vitamin E	0.27 mg
Mono Fat	0.20 g	Calcium	384.00 mg
Poly Fat	0.30 g	Copper	0.59 mg
Cholesterol	0.00 mg	Iron	3.90 mg
Ash	4.10 g	Magnesium	113.00 mg
Water	5.40 g	Manganese	1.30 mg
Vitamin A - RAE	0.00 mcg	Phosphorus	322.00 mg
A-Retinol	0.00 RE	Potassium	985.00 mg
A-Carotenoid	0.00 RE	Selenium	14.00 mcg
Thiamin - B1	0.46 mg	Sodium	73.00 mg
Riboflavin - B2	0.08 mg	Zinc	4.00 mg
Niacin - B3	0.30 mg	Trans Fatty Acids	0.00 g

Values reviewed on 10/2/2024. Contact your account representative to ensure most recent copy.



523 North Ash Street, Momence, IL USA 60954
 Phone: 815-472-3535