

Onions, Dry

Nutrition

Onion*

Serving Size 1 medium whole Onion (148g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories 60	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 2g	
Vitamin A	0%
Vitamin C	20%
Calcium	4%
Iron	2%

*Based on information published by FDA.

Red Onion**

Serving Size 1 medium whole Onion, Red (110g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories 40	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A	0%
Vitamin C	10%
Calcium	2%
Iron	2%

White Onion**

Serving Size 1 medium whole Onion, White (110g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories 40	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A	0%
Vitamin C	10%
Calcium	2%
Iron	2%

Yellow Onion**

Serving Size 1 medium whole Onion, Yellow (110g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories 40	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A	0%
Vitamin C	10%
Calcium	2%
Iron	2%

**These values have not been adopted or approved by FDA. They have been obtained from USDA's Handbook 8, or other databases developed by PMA and its members. While PMA believes use of non-FDA-approved data should not result in FDA regulatory action, such a result can never be assured. Consultation with company counsel is suggested before the data is used in conjunction with the marketing of specific products.

Troubleshooting

Sprouting; decay; mold:

Dry onions may show signs of sprouting, decay, or mold if they are stored at high temperatures or high humidity. To maintain quality, keep short-term storage temperature of 60-65 degrees F/ 16-18 degrees C and a humidity level of 85-95%. Be sure onions are stored in a well-ventilated area. For extended storage (longer than 7 days), hold onions at 32-36 degrees F/0-2 degrees C and 60-65% relative humidity.

Water-soaked spots:

This is an indication of freeze damage. To prevent freezing injury, do not store dry onions below 30 degrees F/-1 degree C.

Green spots:

Dry onions may develop green spots if they are exposed to sunlight. For best quality, keep onions in a dark area out of sunlight.

Bruising:

Rough handling may cause bruising, especially with spring/summer onions. To prevent bruising, keep handling to a minimum; do not drop shipping containers on the floor.

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