



217
SERVINGS



SHELF LIFE UP TO
25 YEARS

Certified



Gluten-Free

Shelf Life: Best when stored
in a cool dry place at
temperatures between 55° and
70° F (ideal humidity 15%).

Shelf life estimates are based
on industry studies from
sources deemed reputable.
Since Augason Farms has no
control over individual storage
practices, they must disclaim
any liability or warranty for
particular results.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Dehydrated Chopped Onions

Nutrition Facts

Serving Size: 1 Tsp (3g dry)
Servings Per Container: 217

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		1%
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

DIRECTIONS:

Use directly from the can. Add to gravies, salad dressings, sauces, soups, stews, etc.

1/4 cup is equal to one cup of fresh onion.

Reconstitute before using in fried foods - 1 Tbsp of Chopped Onion to 1/3 cup of warm water - let stand 10 minutes.

INGREDIENTS: Dehydrated onions.

12000-120214