

Onions, Chopped

Nutrition Facts

Serving Size: 1 Tbsp.

Amount Per Serving

Calories: 4

Calories from Fat: 0

Total Fat:	.0g
Saturated Fat:	.0g
Trans Fat:	*N/A* (see below)
Cholesterol:	0mg
Sodium:	0mg
Total Carbohydrate:	.9g
Dietary Fiber:	.2g
Protein:	.1g

Vitamin A: 0RE

Vitamin C: .6mg

Calcium: 2.0mg

Iron: .0mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

* The available data does not currently provide complete information concerning the Trans Fat content of the ingredients for this item.

Ingredients

ONIONS,FRESH (mfg label): ONIONS [078023]