



PRODUCT SPECIFICATIONS

Product Code: 00568

Badia Spices, Inc.
1400 NW 93rd Avenue
Doral, FL 33172

Product Name:

4/3 LBS CHOPPED ONION

Nutrient Analysis	
Nutrient	Per 100g
Calories (kcal)	349
Calories from Fat (kcal)	4.14
Calories from SatFat (kcal)	0.7
Fat (g)	0.46
Saturated Fat (g)	0.08
Trans Fatty Acid (g)	0
Poly Fat (g)	0.18
Mono Fat (g)	0.06
Cholesterol (mg)	0
Carbohydrates (g)	83.28
Dietary Fiber (g)	9.2
Soluble Fiber (g)	2.88
Insoluble Fiber (g)	6.32
Total Sugars (g)	37.41
Other Carbs (g)	36.67
Protein (g)	8.95
Vitamin A - IU (IU)	18
Vitamin C (mg)	75
Vitamin D - IU (IU)	0
Vitamin E - IU (IU)	0.27
Vitamin B1 (mg)	0.5
Vitamin B2 (mg)	0.1



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Nutrient Analysis	
Nutrient	Per 100g
Vitamin B3 (mg)	0.99
Vitamin B6 (mg)	1.6
Folate (mcg)	166
Vitamin B12 (mcg)	0
Biotin (mcg)	--
Pantothenic Acid (mg)	1.38
Sodium (mg)	21
Potassium (mg)	1622
Calcium (mg)	257
Iron (mg)	1.55
Phosphorus (mg)	303
Magnesium (mg)	92
Zinc (mg)	1.89
Iodine (mcg)	--
Copper (mg)	0.42
18:0 - Stearic (g)	0.01
Sugar Alcohol (g)	--