

Regal Foods
Nutrition Label Report
Regal Minced Onion
12 oz

Nutrition Facts	
32 servings per container	
Serving size	1 tbsp (5g)
Amount per serving	
Calories	15
% Daily Value *	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0.1 mg	1%
Potassium 80mg	2%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Onion