

# AARUI FOODS



Rajula Highway, Mahuva. 364 290. (Gujarat) India.

Phone No. : +91 - 2844 - 294881


Fax No. : +91 - 2844 - 223543

Cell No. : +91 - 98259 18606

## Nutrition & Calories in Dehydrated Onions

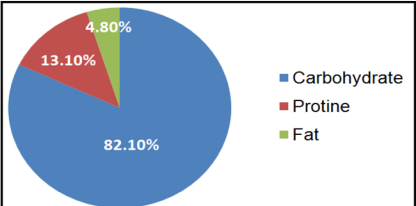
Nutrition and calories info per 1oz/28g of Dehydrated Onions and see how many calories are in 100g of Dehydrated Onions and its nutrition information.

Dehydrated Onions Nutrition & Calories and per Serving (1 Serving=1oz/28g)

	Calories	88.00
	Protein	2.90
	Carbohydrate	19.20
	Fat	0.50
	Fibre	3.40
	Alcohol	0.00

Serving Size	Calories	Fat (g)	Carbohydrates (g)	Protein (g)
Onions, dehydrated flakes				
1 tbsp	17.50	0.03	4.20	0.50
0.25 cup	49.06	0.07	12.00	1.30
100g	320.00	1.00	84.00	9.00

Calorie and Nutrition Values for 100g of Dried Onions

Calories	320.00	
Carbohydrate	84.00	
Protein	09.00	
Fat	01.00	
Fibre	11.99	
Alcohol	0.00	