

**White Oak Frozen Foods  
Newman Operation**

**NUTRITION INFORMATION**

**Reduced Moisture<sup>(TM)</sup> Sweet Yellow Onions**

Section: Nutrition  
Items: 419, 420, 421, 422, 427

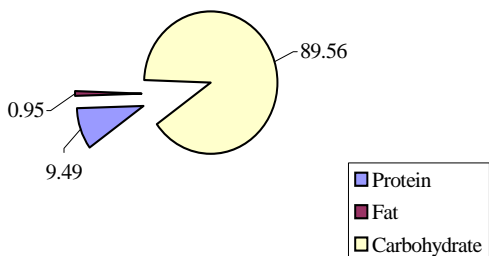
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Revision:  
**03-03-06**

**Values per 100 grams**

Nutrient	Value	Units	Nutrient	Value	Units
Protein	0.81	g	Total lipid (fat)	0.08	g
Carbohydrate, by difference	7.55	g	Fatty acids, total saturated	0.01	g
Energy	32.00	kcal	Fatty acids, total polyunsaturated	0.00	g
Energy	133.00	kJ	Fatty acids, total monounsaturated	0.00	g
Calcium, Ca	20.00	mg	Ash	0.34	g
Magnesium, Mg	9.00	mg	Water	82.12	g
Potassium, K	119.00	mg	Fiber, total dietary	0.90	g
Zinc, Zn	0.13	mg	Iron, Fe	0.26	mg
Manganese, Mn	0.08	mg	Phosphorus, P	27.00	mg
Vitamin A, IU	1.00	IU	Sodium, Na	8.00	mg
Vitamin A, RAE	0.00	mcg	Copper, Cu	0.06	mg
Vitamin E, (alpha-tocopherol)	0.02	mg	Selenium, Se	0.50	mcg
Thiamin	0.04	mg	Sucrose	0.72	g
Niacin	0.13	mg	Fructose	2.02	g
Vitamin B-6	0.13	mg	Sugars, total	5.02	g
Vitamin K (phylloquinone)	0.30	mcg	Vitamin C, total ascorbic acid	0.02	mg
Cholesterol	0.00	mg	Pantothenic acid	0.10	mg
Tryptophan	0.01	g	Folate, total	23.00	mcg
Isoleucine	0.01	g	Selenium, Se	0.45	mcg
Lysine	0.03	g	Lutein + zeaxanthin, beta	6.00	mcg
Cystine	0.01	g	Threonine	0.02	g
			Leucine	0.03	g
			Methionine	0.02	g
			Phenylalanine	0.02	g
			Valine	0.02	g
			Histidine	0.01	g
			Aspartic acid	0.19	g
			Glycine	0.02	g
			Serine	0.03	g
			Tyrosine	0.01	g
			Arginine	0.11	g
			Alanine	0.03	g
			Glutamic acid	0.18	g
			Proline	0.02	g

**Reduced Moisture  
Sweet Yellow Onion  
Percent of Calories/100 grams**



This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied.