

Shallot

Nutrition Facts

About 3 servings per container

Serving size1 cup (100g)

Amount per serving

Calories80

% Daily Value*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 12mg0%

Total Carbohydrate 17g4%

Dietary Fiber 0g0%

Total Sugars 0g

Includes 0g Added Sugars0%

Protein 3g

Vitamin D 0mcg0%

Calcium 40mg4%

Iron 1.2mg7%

Potassium 334mg9%

* 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.

* Nutritional Values based on the FDA.