

Onion

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 ring	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8546
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Onions Dry YEL DRY 5 LB BG- Graves County Schools	1 ring	READY_TO_EAT	15N62

Preparation Instructions

Ready to eat.

CCP: Store at 50°F - 70°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 ring

Amount Per Serving	
Calories	24.00
Fat	0.06g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.00mg
Carbohydrates	5.60g
Fiber	1.00g
Total Sugar	2.54g
Added Sugar	0.00g
Protein	0.66g
Vitamin A 1.00mcg	Vitamin C 4.40mg
Calcium 14.00mg	Iron 0.13mg

Nutrition - Per 100g

No 100g Conversion Available