



Nutrition		
Servings Per Package: 26.6		Serving Size: 75g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	97kJ	129KJ
Protein	1.3g	1.7g
Fat, Total	0.1g	0.2g
- Saturated	<0.1g	<0.1g
Carbohydrate	3.5g	4.7g
- Sugars	3.5g	4.6g
Dietary Fibre	1.4g	1.9g
Sodium	13.0mg	17.0mg

< Means Less Than

Ingredients
Onion.



Simplot®

Chopped Onion

Rough cut chopped onions.

Product Specification		Shipping Information	
SKU	40273	Length	379 MM
Pack Size	6 x 2kg	Width	281 MM
Brand	Edgell®	Height	255 MM
Gross Wt	12.68KG	Shelf Life	720 days
Net Wt	12KG		
Vegetarian	Y		
Halal Certified	Y		
Vegan	Y		

Please Note: Due to formulation changes, specification information on product packaging is most current.

Preparation Instructions For Food Safety and Quality		
Method Type	Time	Temperature
Convection Oven Spread 1kg frozen onions on a flat baking paper lined tray and roast for 7 minutes or until desired colour and tenderness is achieved.	7 minutes	180°C
Stove Top / Sauté Heat a small amount of oil in a pan/wok/grill over high heat. Add 500g frozen onions and cook for 5 minutes or until desired colour and texture is achieved.	5 minutes	High
Microwave Place 200g of frozen onions into a microwave-safe dish, cover, and microwave on high for 2½ minutes.	2½ minutes	High

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