

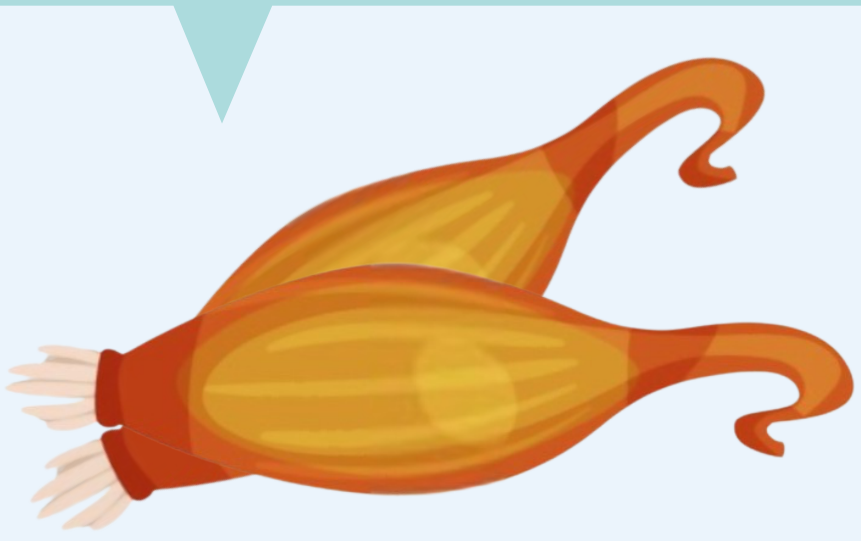


SHALLOTS NUTRITION FACTS

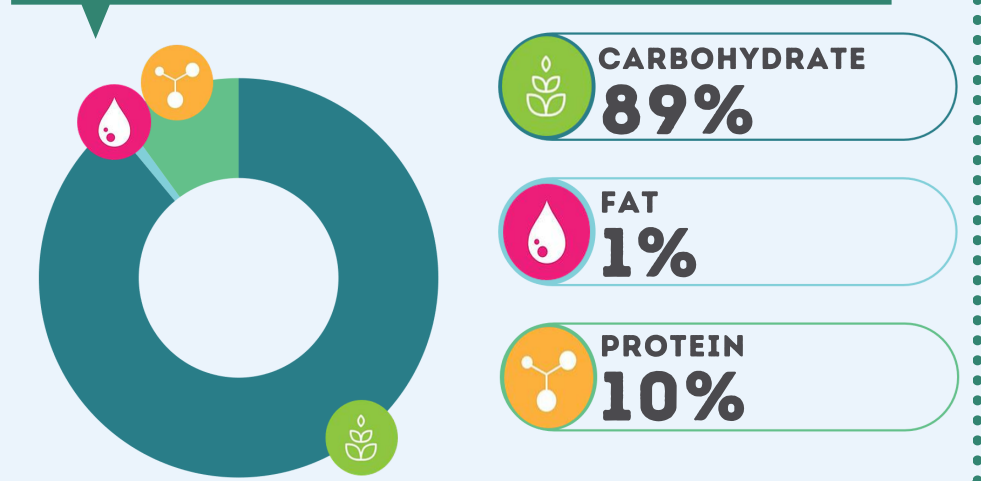


CALORIES 72/100GM

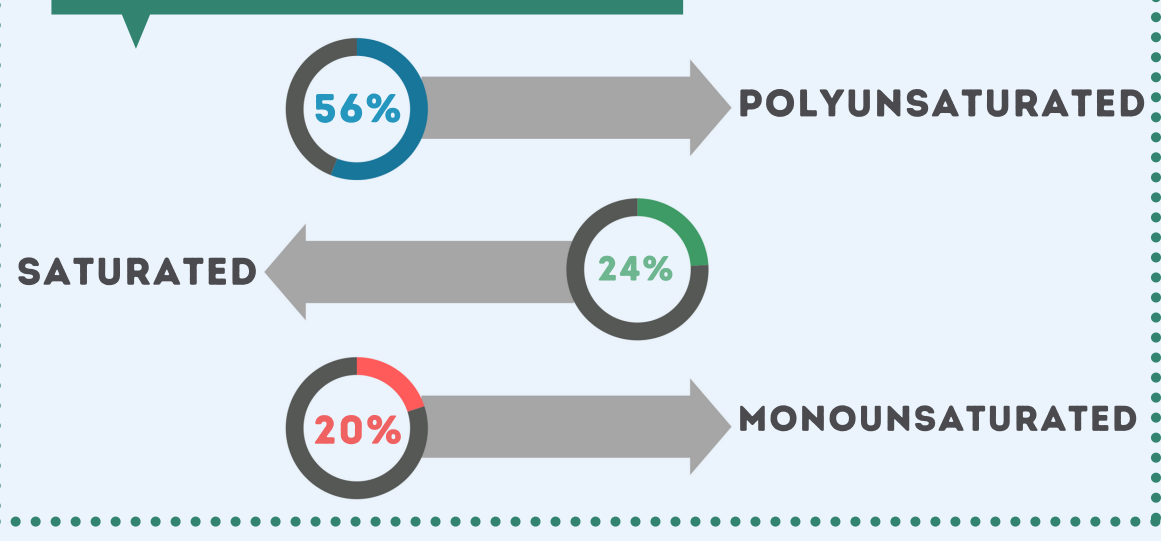
	AMOUNT		AMOUNT
CARBOHYDRATE	16.80 G	NIACIN	0.200 MG
FAT	0.10 G	VITAMIN A	0.00
PROTEIN	2.50 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.345 MG
FIBER	3.2 G	VITAMIN C	8 MG
RIBOFLAVIN	0.020 MG	VITAMIN D	0.00
SODIUM, NA	12 MG	FOLATE	34 MCG
THIAMIN	0.060 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



SHALLOTS OTHER NAMES

- ALLIUM CEPA
- MADRAS ONIONS
- ESCHALOTS

MINERALS IN SHALLOTS

37 MG	CALCIUM, CA	3 % (DV)
0.088 MG	COPPER, CU	10 % (DV)
1.20 MG	IRON, FE	7 % (DV)
21 MG	MAGNESIUM, MG	5 % (DV)
1.2 MCG	SELENIUM, SE	2 % (DV)
60 MG	PHOSPHORUS, P	9 % (DV)
334 MG	POTASSIUM, K	7 % (DV)
0.40 MG	ZINC, ZN	4 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.