

ONION WITH SHATA IN OIL

- **Onion** also known as the bulb onion or common onion is a vegetable that is the most widely cultivated species of the genus *Allium*.
- They are freshly, hollow, and cylindrical, with one flattened side. They are at their broadest about a quarter of the way up, beyond which they taper towards a blunt tip.



PACKING DETAILS

Weight	10Kg
Units/ Case	10Kg/ Drum
Cases/ Pallet	48
Shelf-life	12 Months
Pack Language	English & Arabic

INGREDIENTS:

Onion	Soya Oil
Lactic Acid	Sodium Met bisulfate
Non-GMO products	

STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.
Unopened may be stored for as long as 12 months.
Cover with cling film and then store under refrigerated conditions.

NUTRITION FACTS:

Nutritional value per 100g (3.5 oz)	
Energy	166 kJ (40 kcal)
Carbohydrates	9.34g
Sugars	4.24g
Dietary Fiber	1.7g
Fat	0.1g
Protein	1.1g
Vitamins	
Thiamine (B1) 0.046mg	2% DVT
Riboflavin (B2) 0.027mg	2% DVT
Niacin (B3) 0.116mg	1% DVT
Pantothenic Acid (B5) 0.123mg	2% DVT
Vitamin B6 0.12mg	9% DVT
Folate (B9) 19µg	5% DVT
Vitamin C 7.4mg	9% DVT
Minerals	
Calcium 23mg	2% DVT
Iron 0.21mg	2% DVT
Magnesium 10mg	3% DVT
Manganese 0.129mg	6% DVT
Phosphorus 29mg	4% DVT
Potassium 146mg	3% DVT
Zinc 0.17mg	2% DVT
Water	8.11g
Fluoride	1.1µg