



## Spring Onions freeze dried

264 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Spring Onions, freeze dried, cut into 6mm rings, 80g
- Storage:** Preferably cool and dry, without direct sunlight.  
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.  
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

### Nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
spring onions	1389 / 330	2.13g	0.5g	60.27g	46.44g	6.38g	0.23g	19.85g

- Directions:** Can be sprinkled directly into a dish and leave it to rest  
dry/fresh ratio: 1:7 – which corresponds to 560g fresh spring onions