

# BookKoo GF Onion Ring Mix

## Nutrition Facts

8 servings per container

**Serving size** 10-12 Onion Rings

**Amount Per Serving**

**Calories** **80**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 1.08mg **2%**

Potassium 0mg **0%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.