

Onion Rings

60 grams onion chopped
Serving size: Entire recipe
(5.1 oz.'s).

3 oz.'s tempura

Amount Per Serving	
Calories	216.89
Calories From Fat (8%)	16.48
	% Daily Value
Total Fat 1.85g	3%
Saturated Fat 0.59g	3%
Cholesterol 64.67mg	22%
Sodium 604.74mg	25%
Potassium 127.25mg	4%
Total Carbohydrates 45.04g	15%
Fiber 1.68g	7%
Sugar 2.63g	
Protein 4.07g	8%