

Basic Report 11286, Onions, yellow, sauteed

Report Date: September 19, 2019 15:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup chopped 87g
Proximates			
Water	g	80.01	69.61
Energy	kcal	123	107
Protein	g	0.95	0.83
Total lipid (fat)	g	10.80	9.40
Carbohydrate, by difference	g	7.86	6.84
Fiber, total dietary	g	1.7	1.5
Minerals			
Calcium, Ca	mg	20	17
Iron, Fe	mg	0.27	0.23
Magnesium, Mg	mg	9	8
Phosphorus, P	mg	33	29
Potassium, K	mg	133	116
Sodium, Na	mg	12	10
Zinc, Zn	mg	0.21	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	1.8	1.6
Thiamin	mg	0.049	0.043
Riboflavin	mg	0.041	0.036
Niacin	mg	0.037	0.032
Vitamin B-6	mg	0.207	0.180
Vitamin E (alpha-tocopherol)	mg	0.68	0.59
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	21.6	18.8
Lipids			
Fatty acids, total saturated	g	1.477	1.285

Nutrient	Unit	1 Value Per100 g	1 cup chopped 87g
Fatty acids, total monounsaturated	g	2.185	1.901
Fatty acids, total polyunsaturated	g	5.470	4.759
Fatty acids, total trans	g	0.000	0.000

Amino Acids

Other