

## Basic Report 11293, Onions, welsh, raw

Report Date: September 20, 2019 10:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
<b>Proximates</b>		
Water	g	90.50
Energy	kcal	34
Protein	g	1.90
Total lipid (fat)	g	0.40
Carbohydrate, by difference	g	6.50
Fiber, total dietary	g	2.4
Sugars, total	g	2.18
<b>Minerals</b>		
Calcium, Ca	mg	18
Iron, Fe	mg	1.22
Magnesium, Mg	mg	23
Phosphorus, P	mg	49
Potassium, K	mg	212
Sodium, Na	mg	17
Zinc, Zn	mg	0.52
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	27.0
Thiamin	mg	0.050
Riboflavin	mg	0.090
Niacin	mg	0.400
Vitamin B-6	mg	0.072
Folate, DFE	µg	16
Vitamin B-12	µg	0.00
Vitamin A, IU	IU	1160
Vitamin E (alpha-tocopherol)	mg	0.51
Vitamin D (D2 + D3)	µg	0.0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>
Vitamin D	IU	0
Vitamin K (phylloquinone)	µg	193.4
<b>Lipids</b>		
Fatty acids, total saturated	g	0.067
Fatty acids, total monounsaturated	g	0.056
Fatty acids, total polyunsaturated	g	0.156
Fatty acids, total trans	g	0.000
Cholesterol	mg	0
<b>Amino Acids</b>		
<b>Other</b>		
Caffeine	mg	0