

**Full Report (All Nutrients) 11282, Onions, raw**

**Report Date: July 23, 2019 01:04 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:10% Refuse Description: Stem ends, sprouts and defects**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 160g	1 cup, sliced 115g	1 tbsp chopped 10g	1 large 150g	1 slice, large (1/4" thick) 38g	1 medium (2-1/2" dia) 110g	1 slice, medium (1/8" thick) 14g	1 small 70g	1 slice, thin 9g	10.0 rings 60g
<b>Proximates</b>														
Water <a href="#">1</a>	g	89.11	34	0.240	142.58	102.48	8.91	133.66	33.86	98.02	12.48	62.38	8.02	53.47
Energy	kcal	40	--	--	64	46	4	60	15	44	6	28	4	24
Energy	kJ	166	--	--	266	191	17	249	63	183	23	116	15	100
Protein <a href="#">1</a>	g	1.10	25	0.030	1.76	1.27	0.11	1.65	0.42	1.21	0.15	0.77	0.10	0.66
Total lipid (fat) <a href="#">1</a>	g	0.10	22	0.005	0.16	0.12	0.01	0.15	0.04	0.11	0.01	0.07	0.01	0.06
Ash <a href="#">1</a>	g	0.35	24	0.003	0.56	0.40	0.04	0.53	0.13	0.39	0.05	0.24	0.03	0.21
Carbohydrate, by difference	g	9.34	--	--	14.94	10.74	0.93	14.01	3.55	10.27	1.31	6.54	0.84	5.60
Fiber, total dietary	g	1.7	10	0.048	2.7	2.0	0.2	2.5	0.6	1.9	0.2	1.2	0.2	1.0
Sugars, total	g	4.24	--	--	6.78	4.88	0.42	6.36	1.61	4.66	0.59	2.97	0.38	2.54
Sucrose <a href="#">1</a>	g	0.99	16	0.050	1.58	1.14	0.10	1.49	0.38	1.09	0.14	0.69	0.09	0.59
Glucose (dextrose) <a href="#">1</a>	g	1.97	16	0.050	3.15	2.27	0.20	2.96	0.75	2.17	0.28	1.38	0.18	1.18
Fructose <a href="#">1</a>	g	1.29	16	0.050	2.06	1.48	0.13	1.94	0.49	1.42	0.18	0.90	0.12	0.77
Lactose <a href="#">1</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Starch <a href="#">1</a>	g	0.00	3	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>														
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	23	89	0.000	37	26	2	34	9	25	3	16	2	14
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	0.21	90	0.008	0.34	0.24	0.02	0.32	0.08	0.23	0.03	0.15	0.02	0.13

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 160g	1 cup, sliced 115g	1 tbsp chopped 10g	1 large 150g	1 slice, large (1/4" thick) 38g	1 medium (2-1/2" dia) 110g	1 slice, medium (1/8" thick) 14g	1 small 70g	1 slice, thin 9g	10.0 rings 60g
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	10	90	0.000	16	12	1	15	4	11	1	7	1	6
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	29	89	0.000	46	33	3	44	11	32	4	20	3	17
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	146	89	2.000	234	168	15	219	55	161	20	102	13	88
Sodium, Na <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	4	81	0.000	6	5	0	6	2	4	1	3	0	2
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	0.17	90	0.004	0.27	0.20	0.02	0.26	0.06	0.19	0.02	0.12	0.02	0.10
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	0.039	86	0.002	0.062	0.045	0.004	0.058	0.015	0.043	0.005	0.027	0.004	0.023
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	0.129	89	0.004	0.206	0.148	0.013	0.194	0.049	0.142	0.018	0.090	0.012	0.077
Selenium, Se <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	µg	0.5	49	0.100	0.8	0.6	0.1	0.8	0.2	0.6	0.1	0.3	0.0	0.3
Fluoride, F <a href="#">9</a> <a href="#">10</a>	µg	1.1	12	0.100	1.8	1.3	0.1	1.6	0.4	1.2	0.2	0.8	0.1	0.7
<b>Vitamins</b>														
Vitamin C, total ascorbic acid	mg	7.4	17	0.053	11.8	8.5	0.7	11.1	2.8	8.1	1.0	5.2	0.7	4.4
Thiamin <a href="#">1</a>	mg	0.046	25	0.001	0.074	0.053	0.005	0.069	0.017	0.051	0.006	0.032	0.004	0.028
Riboflavin <a href="#">1</a>	mg	0.027	12	0.002	0.043	0.031	0.003	0.041	0.010	0.030	0.004	0.019	0.002	0.016
Niacin <a href="#">1</a>	mg	0.116	15	0.003	0.186	0.133	0.012	0.174	0.044	0.128	0.016	0.081	0.010	0.070
Pantothenic acid <a href="#">1</a>	mg	0.123	24	0.002	0.197	0.141	0.012	0.184	0.047	0.135	0.017	0.086	0.011	0.074
Vitamin B-6 <a href="#">1</a>	mg	0.120	25	0.004	0.192	0.138	0.012	0.180	0.046	0.132	0.017	0.084	0.011	0.072
Folate, total	µg	19	17	0.000	30	22	2	28	7	21	3	13	2	11
Folic acid	µg	0	--	--	0	0	0	0	0	0	0	0	0	0
Folate, food	µg	19	17	0.000	30	22	2	28	7	21	3	13	2	11
Folate, DFE	µg	19	--	--	30	22	2	28	7	21	3	13	2	11
Choline, total <a href="#">1</a>	mg	6.1	--	--	9.8	7.0	0.6	9.2	2.3	6.7	0.9	4.3	0.5	3.7
Betaine <a href="#">1</a>	mg	0.1	1	--	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0	0	0	0	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0	0	0	0	0	0	0
Carotene, beta	µg	1	--	--	2	1	0	2	0	1	0	1	0	1
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0	0	0	0	0
Vitamin A, IU	IU	2	--	--	3	2	0	3	1	2	0	1	0	1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 160g	1 cup, sliced 115g	1 tbsp chopped 10g	1 large 150g	1 slice, large (1/4" thick) 38g	1 medium (2-1/2" dia) 110g	1 slice, medium (1/8" thick) 14g	1 small 70g	1 slice, thin 9g	10.0 rings 60g
Lycopene	µg	0	--	--	0	0	0	0	0	0	0	0	0	0
Lutein + zeaxanthin	µg	4	--	--	6	5	0	6	2	4	1	3	0	2
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.02	5	0.000	0.03	0.02	0.00	0.03	0.01	0.02	0.00	0.01	0.00	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma <a href="#">1</a>	mg	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, delta <a href="#">1</a>	mg	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, alpha <a href="#">1</a>	mg	0.04	5	0.002	0.06	0.05	0.00	0.06	0.02	0.04	0.01	0.03	0.00	0.02
Tocotrienol, beta <a href="#">1</a>	mg	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma <a href="#">1</a>	mg	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta <a href="#">1</a>	mg	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.4	9	0.011	0.6	0.5	0.0	0.6	0.2	0.4	0.1	0.3	0.0	0.2
<b>Lipids</b>														
Fatty acids, total saturated	g	0.042	--	--	0.067	0.048	0.004	0.063	0.016	0.046	0.006	0.029	0.004	0.025
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
8:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
10:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
12:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
14:0 <a href="#">1</a>	g	0.004	4	0.000	0.006	0.005	0.000	0.006	0.002	0.004	0.001	0.003	0.000	0.002
15:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:0 <a href="#">1</a>	g	0.034	4	0.003	0.054	0.039	0.003	0.051	0.013	0.037	0.005	0.024	0.003	0.020
17:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
18:0 <a href="#">1</a>	g	0.004	4	0.000	0.006	0.005	0.000	0.006	0.002	0.004	0.001	0.003	0.000	0.002
20:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
24:0 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.013	--	--	0.021	0.015	0.001	0.019	0.005	0.014	0.002	0.009	0.001	0.008

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14:1 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
15:1 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
17:1 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated <a href="#">1</a>	g	0.013	4	0.002	0.021	0.015	0.001	0.019	0.005	0.014	0.002	0.009	0.001	0.008
20:1 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.017	--	--	0.027	0.020	0.002	0.026	0.006	0.019	0.002	0.012	0.002	0.010
18:2 undifferentiated <a href="#">1</a>	g	0.013	4	0.002	0.021	0.015	0.001	0.019	0.005	0.014	0.002	0.009	0.001	0.008
18:3 undifferentiated <a href="#">1</a>	g	0.004	4	0.000	0.006	0.005	0.000	0.006	0.002	0.004	0.001	0.003	0.000	0.002
18:4 <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0	0	0	0	0	0
Phytosterols	mg	15	1	--	24	17	2	22	6	16	2	10	1	9
<b>Amino Acids</b>														
Tryptophan <a href="#">1</a>	g	0.014	--	--	0.022	0.016	0.001	0.021	0.005	0.015	0.002	0.010	0.001	0.008
Threonine <a href="#">1</a>	g	0.021	--	--	0.034	0.024	0.002	0.032	0.008	0.023	0.003	0.015	0.002	0.013
Isoleucine <a href="#">1</a>	g	0.014	--	--	0.022	0.016	0.001	0.021	0.005	0.015	0.002	0.010	0.001	0.008
Leucine <a href="#">1</a>	g	0.025	--	--	0.040	0.029	0.003	0.037	0.010	0.028	0.004	0.018	0.002	0.015
Lysine <a href="#">1</a>	g	0.039	--	--	0.062	0.045	0.004	0.058	0.015	0.043	0.005	0.027	0.004	0.023
Methionine <a href="#">1</a>	g	0.002	--	--	0.003	0.002	0.000	0.003	0.001	0.002	0.000	0.001	0.000	0.001
Cystine <a href="#">1</a>	g	0.004	--	--	0.006	0.005	0.000	0.006	0.002	0.004	0.001	0.003	0.000	0.002
Phenylalanine <a href="#">1</a>	g	0.025	--	--	0.040	0.029	0.003	0.037	0.010	0.028	0.004	0.018	0.002	0.015
Tyrosine <a href="#">1</a>	g	0.014	--	--	0.022	0.016	0.001	0.021	0.005	0.015	0.002	0.010	0.001	0.008
Valine <a href="#">1</a>	g	0.021	--	--	0.034	0.024	0.002	0.032	0.008	0.023	0.003	0.015	0.002	0.013

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 160g	1 cup, sliced 115g	1 tbsp chopped 10g	1 large 150g	1 slice, large (1/4" thick) 38g	1 medium (2-1/2" dia) 110g	1 slice, medium (1/8" thick) 14g	1 small 70g	1 slice, thin 9g	10.0 rings 60g
Arginine <a href="#">1</a>	g	0.104	--	--	0.166	0.120	0.010	0.156	0.040	0.114	0.015	0.073	0.009	0.062
Histidine <a href="#">1</a>	g	0.014	--	--	0.022	0.016	0.001	0.021	0.005	0.015	0.002	0.010	0.001	0.008
Alanine <a href="#">1</a>	g	0.021	--	--	0.034	0.024	0.002	0.032	0.008	0.023	0.003	0.015	0.002	0.013
Aspartic acid <a href="#">1</a>	g	0.091	--	--	0.146	0.105	0.009	0.137	0.035	0.100	0.013	0.064	0.008	0.055
Glutamic acid <a href="#">1</a>	g	0.258	--	--	0.413	0.297	0.026	0.387	0.098	0.284	0.036	0.181	0.023	0.155
Glycine <a href="#">1</a>	g	0.025	--	--	0.040	0.029	0.003	0.037	0.010	0.028	0.004	0.018	0.002	0.015
Proline <a href="#">1</a>	g	0.012	--	--	0.019	0.014	0.001	0.018	0.005	0.013	0.002	0.008	0.001	0.007
Serine <a href="#">1</a>	g	0.021	--	--	0.034	0.024	0.002	0.032	0.008	0.023	0.003	0.015	0.002	0.013
<b>Other</b>														
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0	0	0	0	0
<b>Flavonoids</b>														
Flavan-3-ols														
(+)-Catechin <a href="#">11</a> <a href="#">12</a>	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin <a href="#">11</a> <a href="#">12</a>	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin <a href="#">11</a> <a href="#">12</a>	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate <a href="#">11</a> <a href="#">12</a>	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate <a href="#">11</a> <a href="#">12</a>	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(+)-Gallocatechin <a href="#">11</a> <a href="#">12</a>	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavones														
Apigenin <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	0.0	19	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Luteolin <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a>	mg	0.0	20	0.01	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavonols														
Isorhamnetin <a href="#">18</a> <a href="#">19</a>	mg	5.0	43	0.69	8.0	5.8	0.5	7.5	1.9	5.5	0.7	3.5	0.5	3.0
Kaempferol <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> , <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a>	mg	0.7	25	0.1	1.0	0.7	0.1	1.0	0.2	0.7	0.1	0.5	0.1	0.4
Myricetin <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">23</a>	mg	0.0	21	0.01	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Quercetin <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> , <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a> <a href="#">28</a> , <a href="#">29</a> <a href="#">30</a>	mg	20.3	400	0.78	32.5	23.3	2.0	30.4	7.7	22.3	2.8	14.2	1.8	12.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 160g	1 cup, sliced 115g	1 tbsp chopped 10g	1 large 150g	1 slice, large (1/4" thick) 38g	1 medium (2-1/2" dia) 110g	1 slice, medium (1/8" thick) 14g	1 small 70g	1 slice, thin 9g	10.0 rings 60g
Isoflavones														
Daidzein <a href="#">34 35</a>	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Genistein <a href="#">34 35</a>	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total isoflavones <a href="#">34 35</a>	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin														
Proanthocyanidin dimers <a href="#">31 32 33</a>	mg	0.0	5	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers <a href="#">31 32 33</a>	mg	0.0	5	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers <a href="#">32 33</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers <a href="#">32 33</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <a href="#">32 33</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6a, 2002 Beltsville MD

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<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

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<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

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**Langual Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1300 ONION
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION