

Statistics Report 11282, Onions, raw
Report Date: July 23, 2019 18:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	89.11	34	0.240	85.57	93.2	3.0	88.31	89.9	6	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Energy	kcal	40	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	166	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Protein 1	g	1.10	25	0.030	0.79	1.19	21.0	1.02	1.17	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Total lipid (fat) 1	g	0.10	22	0.005	0.02	0.12	3.0	0.08	0.11	3	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Ash 1	g	0.35	24	0.003	0.2	0.43	6.0	0.34	0.35	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Carbohydrate, by difference	g	9.34	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	1.7	10	0.048	1.4	1.9	3.0	1.5	1.9	2	Analytical or derived from analytical	--	03/2006
Sugars, total	g	4.24	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Sucrose 1	g	0.99	16	0.050	0.54	2.04	2.0	0.78	1.18	5	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Glucose (dextrose) 1	g	1.97	16	0.050	0.99	2.34	3.0	1.78	2.14	5	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Fructose 1	g	1.29	16	0.050	0.7	1.85	8.0	1.17	1.4	5	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Lactose 1	g	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Maltose 1	g	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Galactose	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Starch 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006

Minerals

Calcium, Ca 1 2 3 4 5 6 7 8	mg	23	89	0.000	10	36	49.0	21.0	23.0	13	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
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Iron, Fe 1 2 3 4 5 6 7 8	mg	0.21	90	0.008	0	0.55	21.0	0.19	0.22	13	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
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Magnesium, Mg 1 2 3 4 5 6 7 8	mg	10	90	0.000	5	13	14.0	9.0	10.0	13	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
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Phosphorus, P 1 2 3 4 5 6 7 8	mg	29	89	0.000	14	41	44.0	28.0	30.0	13	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
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Potassium, K 1 2 3 4 5 6 7 8	mg	146	89	2.000	84	228	42.0	140.0	152.0	13	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
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Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na 1 2 3 4 5 6 7 8	mg	4	81	0.000	1	8	21.0	3.0	3.0	12	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Zinc, Zn 1 2 3 4 5 6 7 8	mg	0.17	90	0.004	0.07	0.28	45.0	0.15	0.17	13	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Copper, Cu 1 2 3 4 5 6 7 8	mg	0.039	86	0.002	0.01	0.12	16.0	0.036	0.043	13	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Manganese, Mn 1 2 3 4 5 6 7 8	mg	0.129	89	0.004	0.05	0.27	28.0	0.121	0.137	13	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Selenium, Se 2 3 4 5 6 7 8	µg	0.5	49	0.100	0	4.2	15.0	0.1	0.7	8	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Fluoride, F 9 10	µg	1.1	12	0.100	1	1.2	1.0	-0.1	2.3	2	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	7.4	17	0.053	7.3	8.2	1.0	6.6	8.0	1	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin 1	mg	0.046	25	0.001	0.04	0.06	6.0	0.044	0.049	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Riboflavin 1	mg	0.027	12	0.002	0.02	0.04	6.0	0.022	0.033	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Niacin 1	mg	0.116	15	0.003	0.04	0.15	1.0	0.082	0.15	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Pantothenic acid 1	mg	0.123	24	0.002	0.07	0.16	7.0	0.118	0.128	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Vitamin B-6 1	mg	0.120	25	0.004	0.06	0.22	7.0	0.11	0.129	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Folate, total	µg	19	17	0.000	18	25	1.0	17.0	19.0	1	Analytical or derived from analytical	--	03/2006
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	19	17	0.000	18	25	1.0	17.0	19.0	1	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	19	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2006
Choline, total 1	mg	6.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 1	mg	0.1	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2006
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	11289	03/2006
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11289	03/2006
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11289	03/2006
Vitamin A, IU	IU	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2006
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11289	03/2006
Lutein + zeaxanthin	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	11289	03/2006
Vitamin E (alpha-tocopherol) 1	mg	0.02	5	0.000	0.01	0.04	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta 1	mg	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Tocopherol, gamma 1	mg	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Tocopherol, delta 1	mg	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Tocotrienol, alpha 1	mg	0.04	5	0.002	0.01	0.12	1.0	0.01	0.06	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Tocotrienol, beta 1	mg	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Tocotrienol, gamma 1	mg	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Tocotrienol, delta 1	mg	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	0.4	9	0.011	0.2	0.7	1.0	0.2	0.5	4	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006
Lipids													
Fatty acids, total saturated	g	0.042	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
8:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
10:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
12:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
14:0 1	g	0.004	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
15:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
16:0 1	g	0.034	4	0.003	0.01	0.02	1.0	-0.017	0.047	1	Analytical or derived from analytical	--	03/2006
17:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 1	g	0.004	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
20:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
22:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
24:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
Fatty acids, total monounsaturated	g	0.013	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
14:1 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
15:1 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
16:1 undifferentiated 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
17:1 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
18:1 undifferentiated 1	g	0.013	4	0.002	0	0.01	1.0	-0.021	0.032	1	Analytical or derived from analytical	--	03/2006
20:1 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
Fatty acids, total polyunsaturated	g	0.017	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated 1	g	0.013	4	0.002	0	0.01	1.0	-0.021	0.032	1	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated 1	g	0.004	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
18:4 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
20:2 n-6 c,c 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
20:3 undifferentiated 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
20:4 undifferentiated 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
20:5 n-3 (EPA) 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
22:5 n-3 (DPA) 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA) 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Phytosterols	mg	15	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Amino Acids													
Tryptophan 1	g	0.014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Threonine 1	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 1	g	0.014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Leucine 1	g	0.025	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lysine 1	g	0.039	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Methionine 1	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cystine 1	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phenylalanine 1	g	0.025	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tyrosine 1	g	0.014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Valine 1	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Arginine 1	g	0.104	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Histidine 1	g	0.014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Alanine 1	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Aspartic acid 1	g	0.091	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glutamic acid 1	g	0.258	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine 1	g	0.025	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Proline 1	g	0.012	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Serine 1	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	07/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavan-3-ols													
(+)-Catechin 11 12	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 11 12	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 11 12	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 11 12	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 11 12	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Galocatechin 11 12	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 13 14 15 16	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin 13 14 15 16 17	mg	0.0	--	0.01	0	0.19	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin 18 19	mg	5.0	--	0.69	1.26	7.16	--	--	--	--	--	--	--
Kaempferol 13 14 15 16 17 20 21 22 23	mg	0.7	--	0.1	0	1.41	--	--	--	--	--	--	--
Myricetin 13 14 15 16 17 23	mg	0.0	--	0.01	0	0.3	--	--	--	--	--	--	--
Quercetin 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	mg	20.3	400	0.78	1.5	90.75	--	--	--	--	--	--	--
Isoflavones													
Daidzein 34 35	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 34 35	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 34 35	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 31 32 33	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 31 32 33	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 32 33	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 32 33	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 32 33	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

⁹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

¹⁰A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

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