

Basic Report 11677, Shallots, raw

Report Date: September 24, 2019 05:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp chopped 10g
Proximates			
Water	g	79.80	7.98
Energy	kcal	72	7
Protein	g	2.50	0.25
Total lipid (fat)	g	0.10	0.01
Carbohydrate, by difference	g	16.80	1.68
Fiber, total dietary	g	3.2	0.3
Sugars, total	g	7.87	0.79
Minerals			
Calcium, Ca	mg	37	4
Iron, Fe	mg	1.20	0.12
Magnesium, Mg	mg	21	2
Phosphorus, P	mg	60	6
Potassium, K	mg	334	33
Sodium, Na	mg	12	1
Zinc, Zn	mg	0.40	0.04
Vitamins			
Vitamin C, total ascorbic acid	mg	8.0	0.8
Thiamin	mg	0.060	0.006
Riboflavin	mg	0.020	0.002
Niacin	mg	0.200	0.020
Vitamin B-6	mg	0.345	0.034
Folate, DFE	µg	34	3
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	4	0
Vitamin E (alpha-tocopherol)	mg	0.04	0.00

Nutrient	Unit	1 Value Per100 g	1 tbsp chopped 10g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.8	0.1
Lipids			
Fatty acids, total saturated	g	0.017	0.002
Fatty acids, total monounsaturated	g	0.014	0.001
Fatty acids, total polyunsaturated	g	0.039	0.004
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0