

## Basic Report 11283, Onions, cooked, boiled, drained, without salt

Report Date: September 23, 2017 17:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 210g	1 tbsp chopped 15g	1 large 128g	1 slice, large (1/4" thick) 32g	1 medium 94g	1 slice, medium (1/8" thick) 12g	1 small 60g	1 slice, thin 8g
<b>Proximates</b>										
Water	g	87.86	184.51	13.18	112.46	28.12	82.59	10.54	52.72	7.03
Energy	kcal	44	92	7	56	14	41	5	26	4
Protein	g	1.36	2.86	0.20	1.74	0.44	1.28	0.16	0.82	0.11
Total lipid (fat)	g	0.19	0.40	0.03	0.24	0.06	0.18	0.02	0.11	0.02
Carbohydrate, by difference	g	10.15	21.32	1.52	12.99	3.25	9.54	1.22	6.09	0.81
Fiber, total dietary	g	1.4	2.9	0.2	1.8	0.4	1.3	0.2	0.8	0.1
Sugars, total	g	4.73	9.93	0.71	6.05	1.51	4.45	0.57	2.84	0.38
<b>Minerals</b>										
Calcium, Ca	mg	22	46	3	28	7	21	3	13	2
Iron, Fe	mg	0.24	0.50	0.04	0.31	0.08	0.23	0.03	0.14	0.02
Magnesium, Mg	mg	11	23	2	14	4	10	1	7	1
Phosphorus, P	mg	35	74	5	45	11	33	4	21	3
Potassium, K	mg	166	349	25	212	53	156	20	100	13
Sodium, Na	mg	3	6	0	4	1	3	0	2	0
Zinc, Zn	mg	0.21	0.44	0.03	0.27	0.07	0.20	0.03	0.13	0.02
<b>Vitamins</b>										
Vitamin C, total ascorbic acid	mg	5.2	10.9	0.8	6.7	1.7	4.9	0.6	3.1	0.4
Thiamin	mg	0.042	0.088	0.006	0.054	0.013	0.039	0.005	0.025	0.003
Riboflavin	mg	0.023	0.048	0.003	0.029	0.007	0.022	0.003	0.014	0.002
Niacin	mg	0.165	0.346	0.025	0.211	0.053	0.155	0.020	0.099	0.013
Vitamin B-6	mg	0.129	0.271	0.019	0.165	0.041	0.121	0.015	0.077	0.010
Folate, DFE	µg	15	32	2	19	5	14	2	9	1
Vitamin B-12	µg	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
Vitamin A, IU	IU	2	4	0	3	1	2	0	1	0
Vitamin E (alpha-tocopherol)	mg	0.02	0.04	0.00	0.03	0.01	0.02	0.00	0.01	0.00

Nutrient	Unit	1 Value Per100 g	1 cup 210g	1 tbsp chopped 15g	1 large 128g	1 slice, large (1/4" thick) 32g	1 medium 94g	1 slice, medium (1/8" thick) 12g	1 small 60g	1 slice, thin 8g
Vitamin D (D2 + D3)	µg	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
Vitamin K (phylloquinone)	µg	0.5	1.1	0.1	0.6	0.2	0.5	0.1	0.3	0.0
<b>Lipids</b>										
Fatty acids, total saturated	g	0.031	0.065	0.005	0.040	0.010	0.029	0.004	0.019	0.002
Fatty acids, total monounsaturated	g	0.027	0.057	0.004	0.035	0.009	0.025	0.003	0.016	0.002
Fatty acids, total polyunsaturated	g	0.073	0.153	0.011	0.093	0.023	0.069	0.009	0.044	0.006
Fatty acids, total trans	g	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
<b>Amino Acids</b>										
<b>Other</b>										
Caffeine	mg	0	0	0	0	0	0	0	0	0