

Basic Report 11283, Onions, cooked, boiled, drained, without salt
Report Date: May 28, 2017 12:42 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
Proximates										
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
Minerals										
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
Vitamins										
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

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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
Lipids										
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
Amino Acids										
Other										
Caffeine	mg	0	0	0	0	0	0	0	0	0