

Full Report (All Nutrients) 11283, Onions, cooked, boiled, drained, without salt

Report Date: October 23, 2017 03:51 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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Energy	kJ	184	--	--	386	28	236	59	173	22	110	15
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
Ash	g	0.44	--	--	0.92	0.07	0.56	0.14	0.41	0.05	0.26	0.04
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
Sucrose	g	1.10	--	--	2.31	0.17	1.41	0.35	1.03	0.13	0.66	0.09
Glucose (dextrose)	g	2.19	--	--	4.60	0.33	2.80	0.70	2.06	0.26	1.31	0.18
Fructose	g	1.44	--	--	3.02	0.22	1.84	0.46	1.35	0.17	0.86	0.12
Lactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Maltose	g	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
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

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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
4:0	g	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
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
14:0	g	0.001	--	--	0.002	0.000	0.001	0.000	0.001	0.000	0.001	0.000
16:0	g	0.028	--	--	0.059	0.004	0.036	0.009	0.026	0.003	0.017	0.002
18:0	g	0.002	--	--	0.004	0.000	0.003	0.001	0.002	0.000	0.001	0.000
Fatty acids, total monounsaturated	g	0.027	--	--	0.057	0.004	0.035	0.009	0.025	0.003	0.016	0.002
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.027	--	--	0.057	0.004	0.035	0.009	0.025	0.003	0.016	0.002
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.073	--	--	0.153	0.011	0.093	0.023	0.069	0.009	0.044	0.006
18:2 undifferentiated	g	0.070	--	--	0.147	0.011	0.090	0.022	0.066	0.008	0.042	0.006
18:3 undifferentiated	g	0.004	--	--	0.008	0.001	0.005	0.001	0.004	0.000	0.002	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	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
Cholesterol	mg	0	--	--	0	0	0	0	0	0	0	0
Phytosterols	mg	18	--	--	38	3	23	6	17	2	11	1
Amino Acids												
Tryptophan	g	0.020	--	--	0.042	0.003	0.026	0.006	0.019	0.002	0.012	0.002
Threonine	g	0.033	--	--	0.069	0.005	0.042	0.011	0.031	0.004	0.020	0.003
Isoleucine	g	0.048	--	--	0.101	0.007	0.061	0.015	0.045	0.006	0.029	0.004

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Proanthocyanidin 4-6mers ¹	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers ¹	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) ¹	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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