

Basic Report 11292, Onions, young green, tops only

Report Date: February 25, 2018 02:36 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 6g	1 stalk 12g	1 cup chopped 71g
Proximates					
Water	g	92.32	5.54	11.08	65.55
Energy	kcal	27	2	3	19
Protein	g	0.97	0.06	0.12	0.69
Total lipid (fat)	g	0.47	0.03	0.06	0.33
Carbohydrate, by difference	g	5.74	0.34	0.69	4.08
Fiber, total dietary	g	1.8	0.1	0.2	1.3
Sugars, total	g	3.91	0.23	0.47	2.78
Minerals					
Calcium, Ca	mg	52	3	6	37
Iron, Fe	mg	0.51	0.03	0.06	0.36
Magnesium, Mg	mg	16	1	2	11
Phosphorus, P	mg	25	2	3	18
Potassium, K	mg	159	10	19	113
Sodium, Na	mg	15	1	2	11
Zinc, Zn	mg	0.20	0.01	0.02	0.14
Vitamins					
Vitamin C, total ascorbic acid	mg	13.4	0.8	1.6	9.5
Thiamin	mg	0.030	0.002	0.004	0.021
Riboflavin	mg	0.026	0.002	0.003	0.018
Niacin	mg	0.330	0.020	0.040	0.234
Vitamin B-6	mg	0.088	0.005	0.011	0.062
Folate, DFE	µg	30	2	4	21
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	200	12	24	142
Vitamin A, IU	IU	4000	240	480	2840
Vitamin E (alpha-tocopherol)	mg	0.21	0.01	0.03	0.15

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	156.3	9.4	18.8	111.0
Lipids					
Fatty acids, total saturated	g	0.087	0.005	0.010	0.062
Fatty acids, total monounsaturated	g	0.022	0.001	0.003	0.016
Fatty acids, total polyunsaturated	g	0.064	0.004	0.008	0.045
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0