

## Basic Report 11806, Onions, frozen, chopped, cooked, boiled, drained, with salt

Report Date: October 21, 2017 06:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp chopped 15g	0.5 cup, chopped or diced 105g
<b>Proximates</b>				
Water	g	92.24	13.84	96.85
Energy	kcal	26	4	27
Protein	g	0.77	0.12	0.81
Total lipid (fat)	g	0.10	0.01	0.10
Carbohydrate, by difference	g	6.00	0.90	6.30
Fiber, total dietary	g	1.7	0.3	1.8
Sugars, total	g	2.90	0.43	3.04
<b>Minerals</b>				
Calcium, Ca	mg	16	2	17
Iron, Fe	mg	0.30	0.04	0.32
Magnesium, Mg	mg	6	1	6
Phosphorus, P	mg	19	3	20
Potassium, K	mg	108	16	113
Sodium, Na	mg	248	37	260
Zinc, Zn	mg	0.07	0.01	0.07
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.6	0.4	2.7
Thiamin	mg	0.023	0.003	0.024
Riboflavin	mg	0.025	0.004	0.026
Niacin	mg	0.139	0.021	0.146
Vitamin B-6	mg	0.069	0.010	0.072
Folate, DFE	µg	13	2	14
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	2	0	2
Vitamin E (alpha-tocopherol)	mg	0.01	0.00	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.3	0.0	0.3
<b>Lipids</b>				
Fatty acids, total saturated	g	0.016	0.002	0.017
Fatty acids, total monounsaturated	g	0.013	0.002	0.014
Fatty acids, total polyunsaturated	g	0.038	0.006	0.040
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0