

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

Report Date: June 25, 2017 16:56 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 tbsp chopped<br>15g | 0.5 cup, chopped or diced<br>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                              |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 tbsp chopped<br/>15g</b> | <b>0.5 cup, chopped or diced<br/>105g</b> |
|------------------------------------|-------------|---------------------------------|-------------------------------|---|
| 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   |