

# ONION NUTRITION FACTS

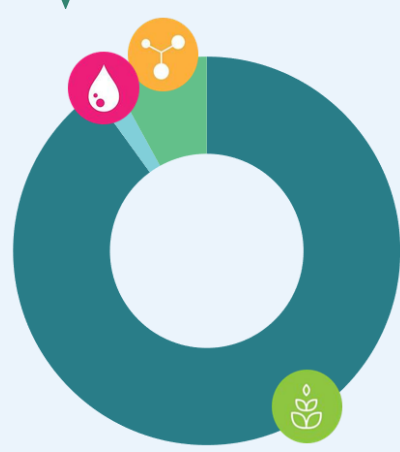


## CALORIES 40/100GM

|              | AMOUNT   |             | AMOUNT    |
|--------------|----------|-------------|-----------|
| CARBOHYDRATE | 9.34 G   | NIACIN      | 0.116 MG  |
| FAT          | 0.10 G   | VITAMIN A   | 0.00      |
| PROTEIN      | 1.10 G   | VITAMIN B12 | 0.00      |
| CHOLESTEROL  | 0.00     | VITAMIN B6  | 0.120 MG  |
| FIBER        | 1.7 G    | VITAMIN C   | 7.4 MG    |
| RIBOFLAVIN   | 0.00     | VITAMIN D   | 0.00      |
| SODIUM, NA   | 4 MG     | FOLATE      | 19.00 MCG |
| THIAMIN      | 0.046 MG |             |           |

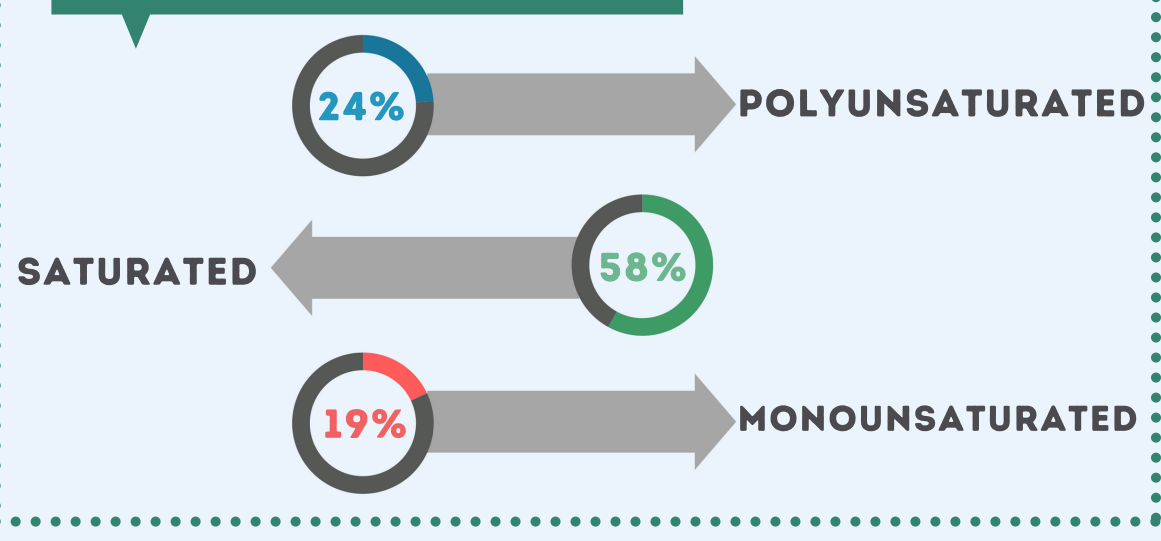


### CALORIES BY SOURCE



- CARBOHYDRATE 90%
- FAT 2%
- PROTEIN 8%

### FATS AND FATTY ACIDS



### ONION OTHER NAMES

ALLIUM CEPA

### MINERALS IN ONION

|          |               |          |
|----------|---------------|----------|
| 23 MG    | CALCIUM, CA   | 2 % (DV) |
| 0.039 MG | COPPER, CU    | 4 % (DV) |
| 0.21 MG  | IRON, FE      | 1 % (DV) |
| 10 MG    | MAGNESIUM, MG | 2 % (DV) |
| 0.5 MCG  | SELENIUM, SE  | 1 % (DV) |
| 29 MG    | PHOSPHORUS, P | 4 % (DV) |
| 146 MG   | POTASSIUM, K  | 3 % (DV) |
| 0.17 MG  | ZINC, ZN      | 2 % (DV) |

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.