



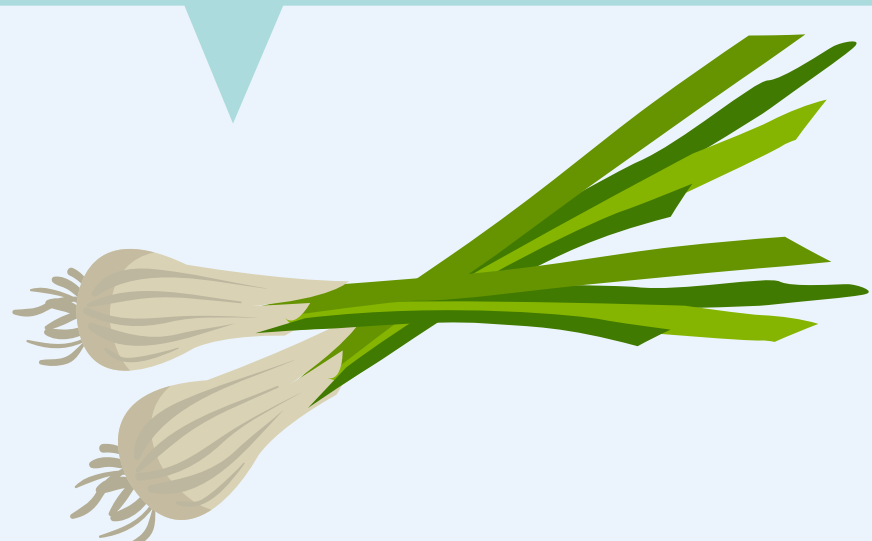
GREEN ONION NUTRITION FACTS



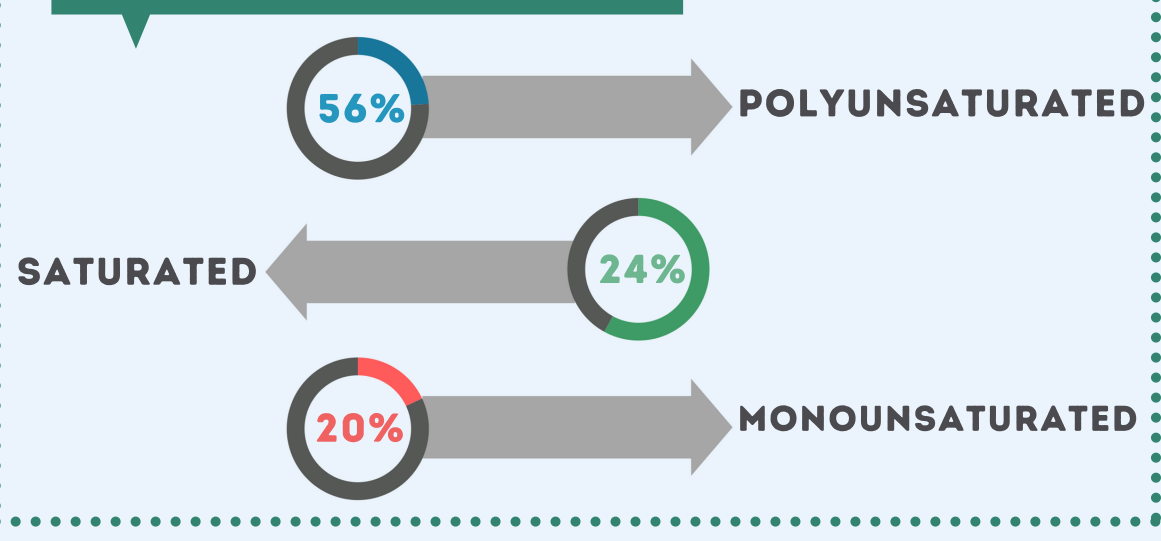
CALORIES 32/100GM

| | AMOUNT |
|--------------|----------|
| CARBOHYDRATE | 7.34 G |
| FAT | 0.19 G |
| PROTEIN | 1.83 G |
| CHOLESTEROL | 0.00 |
| FIBER | 2.6 G |
| RIBOFLAVIN | 0.080 MG |
| SODIUM, NA | 16 MG |
| THIAMIN | 0.055 MG |

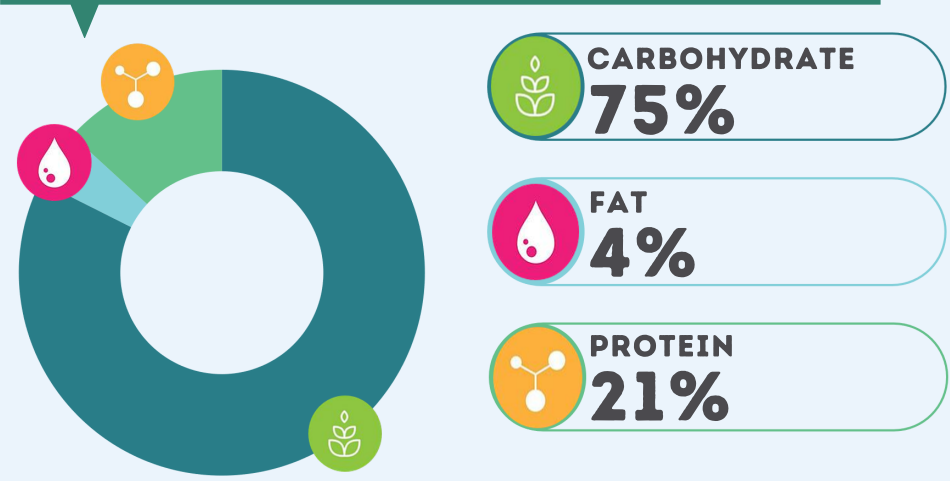
| | AMOUNT |
|-------------|-----------|
| NIACIN | 0.525 MG |
| VITAMIN A | 50 MCG |
| VITAMIN B12 | 0.00 |
| VITAMIN B6 | 0.061 MG |
| VITAMIN C | 18.8 MG |
| VITAMIN D | 0.00 |
| FOLATE | 64.00 MCG |



FATS AND FATTY ACIDS



CALORIES BY SOURCE



GREEN ONION OTHER NAMES

ALLIUM FISTULOSUM
 NOTE: GREEN ONIONS ARE SLIGHTLY LESS MATURE VERSION OF SPRING ONIONS. GREEN ONIONS ARE HARVESTED WHEN SCALLIONS START DEVELOPING BULBS.

MINERALS IN GREEN ONION

| | | |
|----------|---------------|----------|
| 72 MG | CALCIUM, CA | 6 % (DV) |
| 0.083 MG | COPPER, CU | 9 % (DV) |
| 1.48 MG | IRON, FE | 8 % (DV) |
| 20 MG | MAGNESIUM, MG | 5 % (DV) |
| 0.6 MCG | SELENIUM, SE | 1 % (DV) |
| 37 MG | PHOSPHORUS, P | 5 % (DV) |
| 276 MG | POTASSIUM, K | 6 % (DV) |
| 0.39 MG | ZINC, ZN | 4 % (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.