



SPRING ONION NUTRITION FACTS



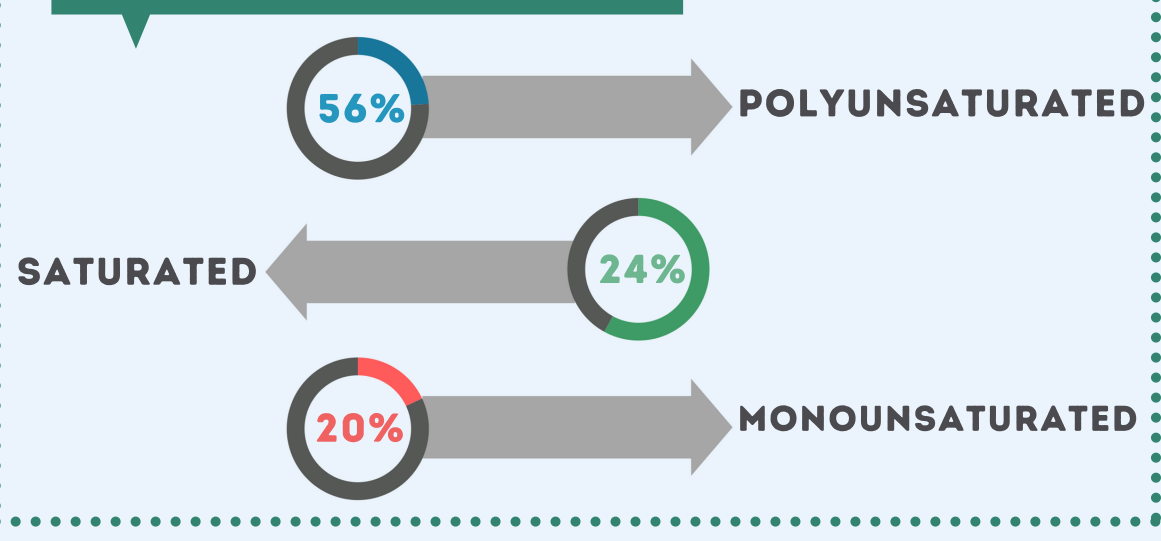
CALORIES 32/100GM

	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

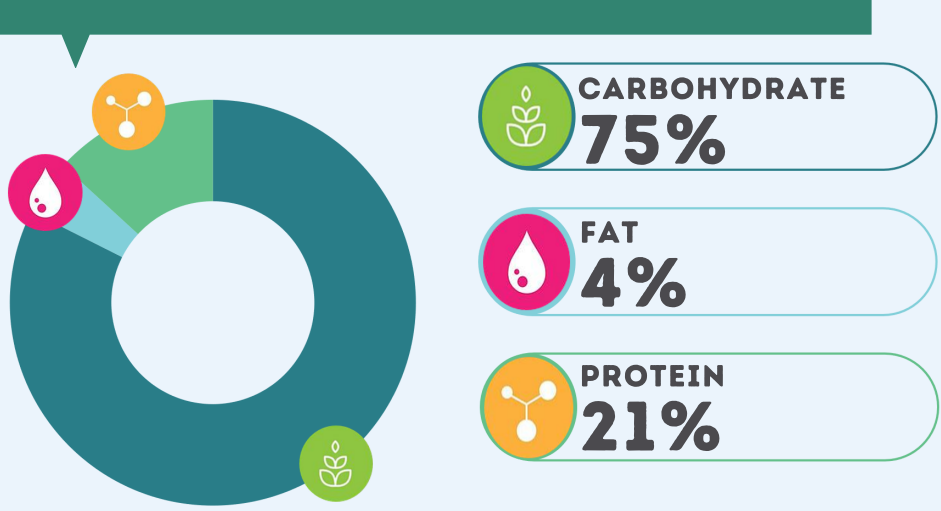
	AMOUNT
NIACIN	0.525 MG
VITAMIN A	50 MCG
VITAMIN B12	0.00
VITAMIN B6	0.061 MG
VITAMIN C	18.8 MG
VITAMIN D	0.00
FOLATE	64.00 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



SPRING ONION OTHER NAMES

ALLIUM FISTULOSUM
 NOTE: SPRING ONIONS ARE MATURE VERSION OF GREEN ONIONS. SPRING ONIONS HAVE BIGGER BULB THAN GREEN ONIONS.

MINERALS IN SPRING 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.