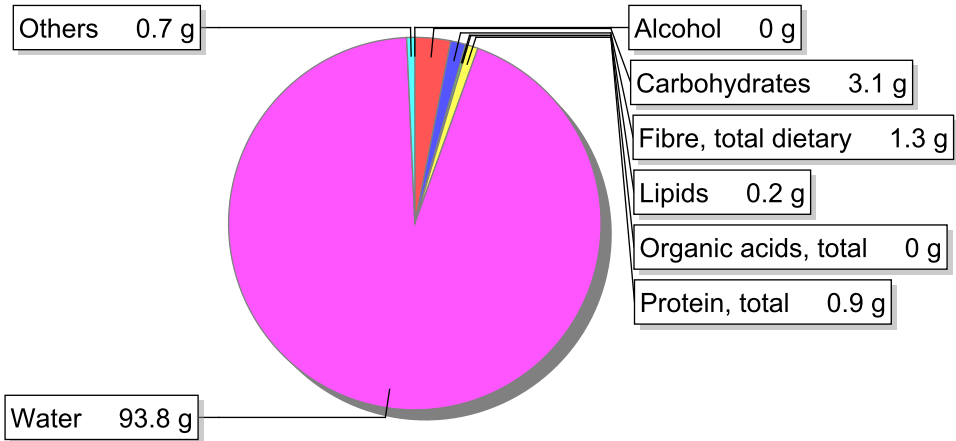


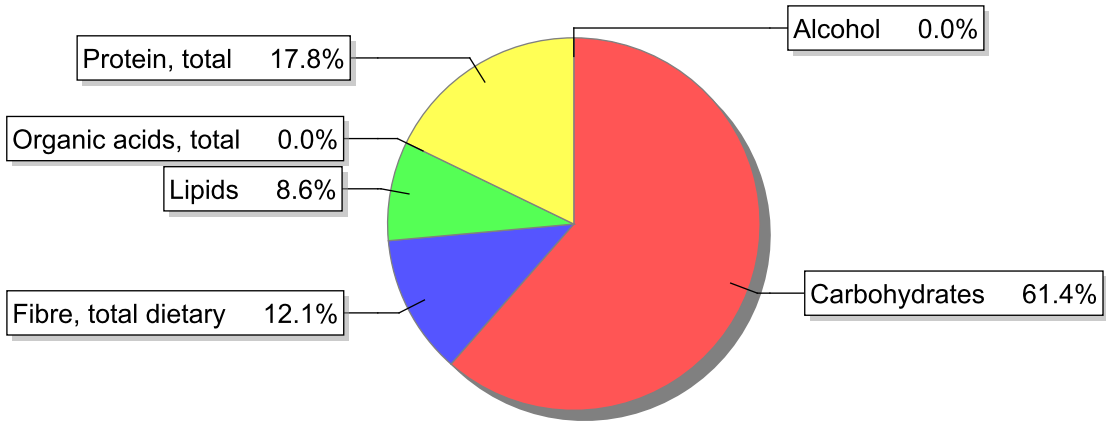
Food

Name: Onion, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 89%
Code: IS597
FoodEX2 Code: A00HC

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	20	kcal	
energy kJ, total metabolisable	86	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	2.2	g	
sucrose	0.7	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.9	g	
starch, total	0	g	
protein, total	0.9	g	57
alcohol	0	g	
water	93.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.13	mg	
riboflavin	0.01	mg	57
niacin, preformed	0.6	mg	
niacin equivalents, total	0.7	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0	µg	
vitamin C	8	mg	57
folate, total	17	µg	
iodide	1.7	µg	1140
sodium	10	mg	
potassium	210	mg	57
calcium	31	mg	57
phosphorus	30	mg	57
magnesium	12	mg	57
iron, total	0.5	mg	57
zinc	0.3	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
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