



**Food ID:** D143

**Food name and Description:** Onion, garden shallot bulb

**Scientific name:** *Allium cepa* var. *aggregatum*

**Alternate/Common name(s):** Sibuyas, Tagalog ulo

**Edible portion:** 83%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	83.1
Energy, calculated (kcal)	68
Protein (g)	1.7
Total Fat (g)	0.5
Carbohydrate, total (g)	14.1
Ash, total (g)	0.6

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.7
Sugars, total (g)	6.6

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	48
Phosphorus, P (mg)	50
Iron, Fe (mg)	1
Sodium, Na (mg)	12

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	3

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	0