



Food ID: D145

Food name and Description: Onion, garden shallot lvs

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

Alternate/Common name(s): Sibuyas, Tagalog, dahon

Edible portion: 83%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.1
Energy, calculated (kcal)	37
Protein (g)	1.7
Total Fat (g)	1
Carbohydrate, total (g)	5.4
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	109
Phosphorus, P (mg)	35
Iron, Fe (mg)	2.4
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1345
Retinol Activity Equivalent, RAE (µg)	112
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	34

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.18
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.26
Cholesterol (mg)	0