



**Food ID:** D146

**Food name and Description:** Onion, garden shallot lvs, boiled

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

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

**Edible portion:** 100%

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

Water (g)	93.6
Energy, calculated (kcal)	27
Protein (g)	1.3
Total Fat (g)	0.6
Carbohydrate, total (g)	4.1
Ash, total (g)	0.4

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

Fiber, total dietary (g)	1.5
Sugars, total (g)	1.5

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

Calcium, Ca (mg)	73
Phosphorus, P (mg)	22
Iron, Fe (mg)	1.1
Sodium, Na (mg)	2

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	35
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	20

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0