



Food ID: D147

Food name and Description: Onion, spring

Scientific name: *Allium cepa*

Alternate/Common name(s): Sibuyas, mura

Edible portion: 77%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90
Energy, calculated (kcal)	41
Protein (g)	1.8
Total Fat (g)	0.5
Carbohydrate, total (g)	7.2
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.6
Sugars, total (g)	2.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	54
Phosphorus, P (mg)	36
Iron, Fe (mg)	3.4
Sodium, Na (mg)	30

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1575
Retinol Activity Equivalent, RAE (µg)	131
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	46

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.19
Cholesterol (mg)	0