

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

Report Run at: October 06

2014 21:44 EDT

Nutrient data for: 11292,Onions, young green, tops only

<u>Nutrient</u>	<u>0.125"cup chopped"8.88g</u>	<u>Unit</u>	<u>1Value per100g</u>	<u>1.0"tbsp "6.0g</u>	<u>1.0"stalk"1 2.0g</u>
Proximates					
Water	8.19	g	92.32	5.54	11.08
Energy	2	kcal	27	2	3
Protein	0.09	g	0.97	0.06	0.12
Total lipid (fat)	0.04	g	0.47	0.03	0.06
Carbohydrate, by difference	0.51	g	5.74	0.34	0.69
Fiber, total dietary	0.2	g	1.8	0.1	0.2
Sugars, total	0.35	g	3.91	0.23	0.47
Minerals					
Calcium, Ca	5	mg	52	3	6
Iron, Fe	0.05	mg	0.51	0.03	0.06
Magnesium, Mg	1	mg	16	1	2
Phosphorus, P	2	mg	25	2	3
Potassium, K	14	mg	159	10	19
Sodium, Na	1	mg	15	1	2
Zinc, Zn	0.02	mg	0.2	0.01	0.02
Vitamins					
Vitamin C, total ascorbic acid	1.2	mg	13.4	0.8	1.6
Thiamin	0.003	mg	0.03	0.002	0.004
Riboflavin	0.002	mg	0.026	0.002	0.003
Niacin	0.029	mg	0.33	0.02	0.04
Vitamin B-6	0.008	mg	0.088	0.005	0.011
Folate, DFE	3	Âµg	30	2	4
Vitamin B-12	0	Âµg	0	0	0
Vitamin A, RAE	18	Âµg	200	12	24
Vitamin A, IU	355	IU	4000	240	480
Vitamin E (alpha-tocopherol)	0.02	mg	0.21	0.01	0.03
Vitamin D (D2 + D3)	0	Âµg	0	0	0
Vitamin D	0	IU	0	0	0
Vitamin K (phylloquinone)	13.9	Âµg	156.3	9.4	18.8
Lipids					
Fatty acids, total saturated	0.008	g	0.087	0.005	0.01
Fatty acids, total monounsaturated	0.002	g	0.022	0.001	0.003
Fatty acids, total polyunsaturated	0.006	g	0.064	0.004	0.008
Cholesterol	0	mg	0	0	0
Other					
Caffeine	0	mg	0	0	0