**Topic of Assignment**

**NUTRITIONAL VALUE OF ONION**

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**SARGODHA, PAKISTAN**

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| Nutritional Value of Onion (*Allium cepa*) Per 100 gonions-red-212x159-480x360.jpg**Onion is Famous For:****1. Vitamin C****2. Potassium****Prepared By: Hafiza Rahma Saman****Dated: 3rd October 2015** |
| Energy | 40 Kcal |
| Carbohydrate | 9.36 g |
| Total fat | 0.1 g |
| Protein | 1.1 g |
| Dietary fiber | 1.7 g |
| Sugar | 4.24 g |
| Vitamins |
| Vitamin A | 2 IU |
| Thiamine (B1) | 0.046 mg |
| Riboflavin (B2) | 0.027 mg |
| Niacin (B3) | 0.116 mg |
| Pantothenic acid (B5) | 0.123 mg |
| Vitamin B6 | 0.12 mg |
| Folate (B9) | 19 µg |
| Choline | 6.1 mg |
| Vitamin C | **7.4 mg\*** |
| Vitamin E | 0.02 mg |
| Minerals |
| Calcium | 23 mg |
| Fluoride | 4 µg |
| Iron | 0.21 mg |
| Magnesium | 10 mg |
| Manganese | 0.129 mg |
| Phosphorus | 29 mg |
| Potassium | **146 mg\*** |
| Sodium | 4 mg |
| Zinc | 0.17 mg |
| Phyto-nutrients (Act as Antioxidants) |
| Carotene-ß | 1 µg |
| Crypto-xanthin-ß | 0 µg |
| Leutine-zeaxanthin | 4 µg |
| Source: USDA Nutrient Database |

**Refrence**

[**https://en.wikipedia.org/wiki/Onion**](https://en.wikipedia.org/wiki/Onion)

[**http://www.nutrition-and-you.com/onion.html**](http://www.nutrition-and-you.com/onion.html)

**http://www.richinfoods.com/health-benefits-of-onions.html**