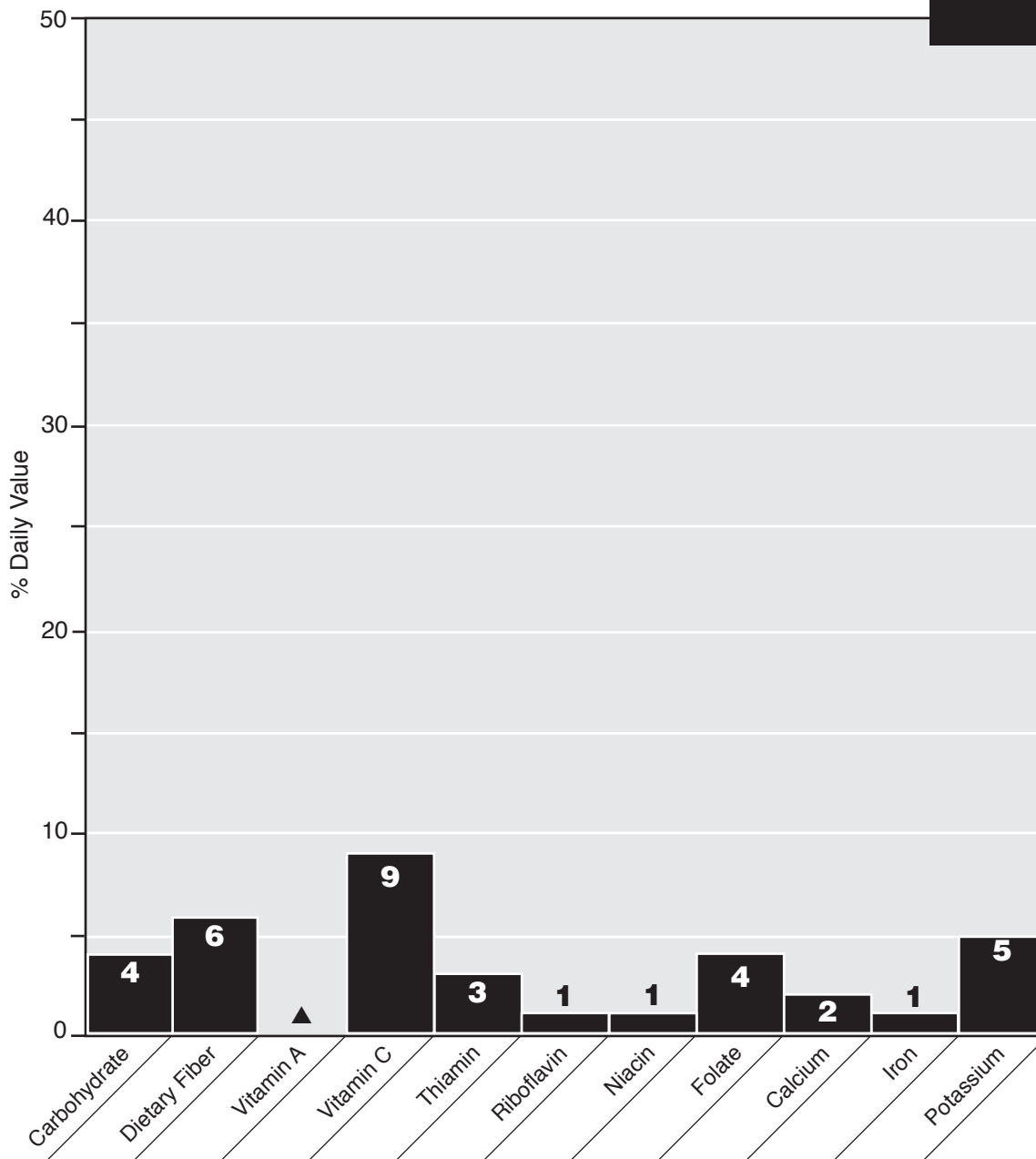


# Onion

Liliaceae *Allium cepa*

(analysis based on *peeled, boiled, drained yellow onion*)



## Serving Size

- 1/2 Cup Chopped
- 105 Grams
- 46 Calories
  - 4% from fat
  - 9% from protein
  - 89% from carbohydrate
- 1 Gram Protein
- 11 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.2 Gram Fat
- 92 Grams Water
- 3 Milligrams Sodium

▲ Trace

