

Nutritional Analysis of Fried Onion /Flour Fried Onion

Physical Analysis		
Variety	White/Red/Pink	
Color	Creamy White/Reddish/Pinkish	
Size	Flakes- 8 x 15 mm, Chopped – 3 x 5 mm	
Quality	Premium	
Odor	Fresh	
Taste	Original (Typical, Spicy, Slightly sweetish)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS	8G (APP. 1 TBS)
Energy (Calories)	643.00	27.92
Total Fat	50.00 g	0.04 g
Saturated Fat	21.40 g	0.01 g
Trans Fat	0.00 g	0.00 g
Total Carbohydrates	42.90 g	6.66 g
Dietary Fiber	9.20 g	0.74 g
Sugars	37.40 g	2.99 g
Protein	9.00 g	0.72 g
Cholesterol	0.00 g	0.00 g
Riboflavin	0.10 mg	0.01 mg
Niacin	1.00 mg	0.08 mg
Vitamin B-6	1.60 mg	0.13 mg
Vitamin C	75.00 mg	6.00 mg
Calcium	257.00 mg	20.56 mg
Magnesium	92.00 mg	7.36 mg
Phosphorus	303.00 mg	24.24 mg
Potassium	1622.00 mg	129.76 mg
Sodium	21.00 mg	1.8 mg



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