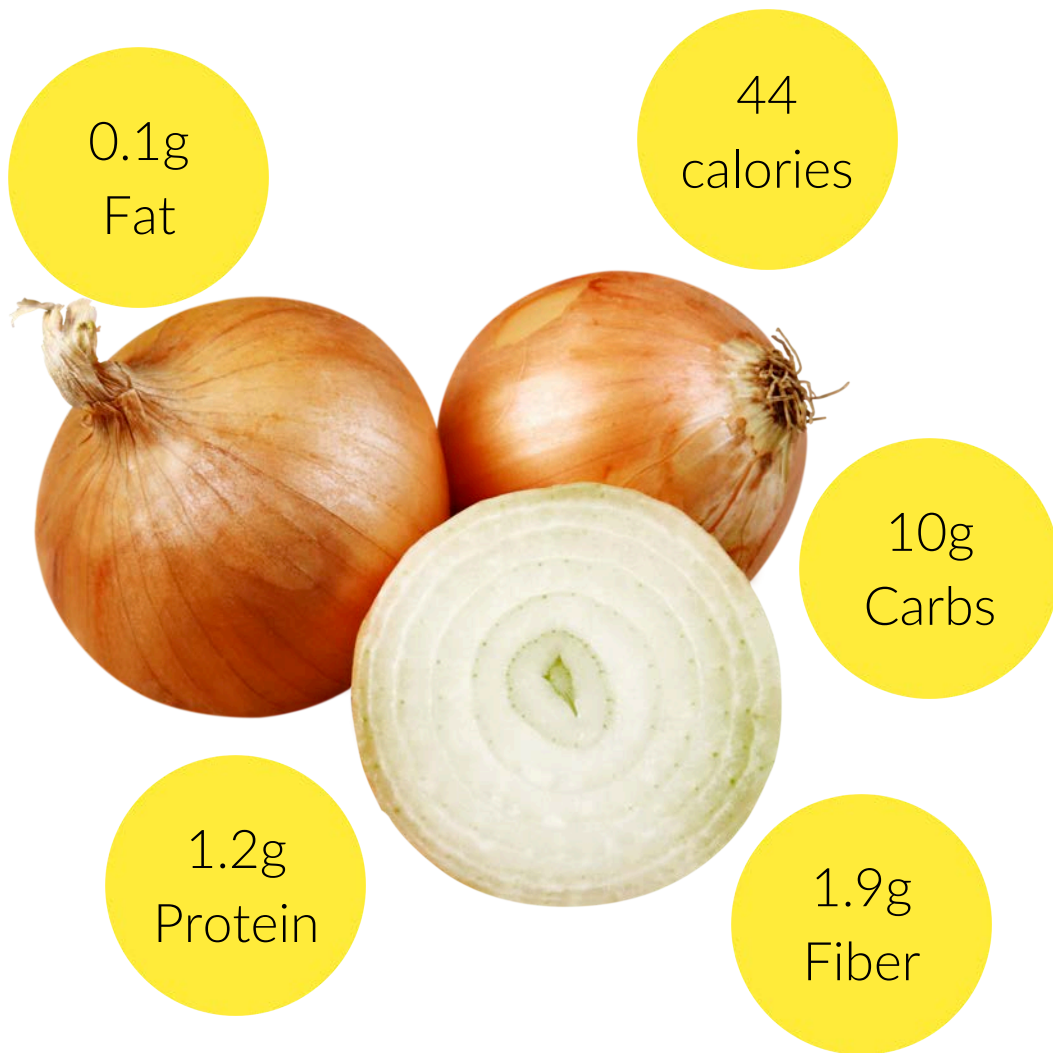


Onion Nutrition Facts



One medium-sized onion (110g) contains 44 calories, 1.2g of protein, 10g of carbohydrates, 0.1g of fat, 4.4 mg of sodium, and 1.9g of fiber. Onions are a good source of vitamin C, vitamin B6, potassium, folate, and manganese.

- Calories: 44
- Fat: 0.1g
- Sodium: 4.4mg
- Carbohydrates: 10g
- Protein: 1.2g
- Fiber: 1.9g

Onion Health Benefits

Fights Heart Disease

The vitamin C in onions acts as an antioxidant that benefits cardiovascular health. It also contains allyl sulfides that help prevent heart disease.



May Prevent Cancer

The allyl sulfides in onions have been linked to cancer prevention due to their ability to arrest the cell cycle and prevent the migration of cancer cells.



Improves Memory

Onions contain inulin, a soluble prebiotic fiber that has been found to improve short-term recall and recognition.



Aids Digestion

Onions contain prebiotics and fiber, which can help with digestion, strengthen the immune system, prevent constipation, and lower the risk of gastrointestinal issues.

