

## Health benefits of Onions

- Onions are very low in calories and fats. and rich in soluble dietary fiber.
- Compounds ***allium*** and ***Allyl disulphide*** Which protects from cancers and anti-diabetic properties ,controls Cholesterol
- It also anti-bacterial, anti-viral, and anti-fungal properties.
- **Chromium**, a trace mineral that helps to increase insulin levels in the blood
- Onions are also good in B-complex group of vitamins.

Principle	Nutrient Value	Percentage of RDA
Energy	40 Kcal	2%
Carbohydrates	9.34 g	7%
Protein	1.10 g	2%
Total Fat	0.10 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	1.7 g	4.5%
Vitamin A	2 IU	0%
Vitamin C	7.4 mg	12%
Vitamin E	0.02 mg	0%