

## Health benefits of Onions

- Onions are very low in calories and fats. 100 grams carry just 40 calories. However, rich in soluble dietary fiber.
- Phyto-chemical compounds *allium* and *Allyl disulphide* in the onions convert into *allicin* by enzymatic reaction when its modified leaves are distorted (crushing, cutting, etc). Studies have shown that these compounds have anti-mutagenic (protects from cancers) and anti-diabetic properties (helps lower blood sugar levels in diabetics).
- Laboratory studies show that *allicin* reduces cholesterol production by inhibiting *HMG-CoA reductase* enzyme in the liver cells. Further, it also found to have anti-bacterial, anti-viral, and anti-fungal activities.
- Onions are also good in B-complex group of vitamins like pantothenic acid, pyridoxine, folates and thiamin. Pyridoxine or vitamin B-6 helps keep up GABA levels in the brain, which works against neurotic conditions.

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%
Thiamin	0.046 mg	4%
Vitamin A	2 IU	0%
Vitamin C	7.4 mg	12%
Vitamin E	0.02 mg	0%
Calcium	23 mg	2%
Copper	0.039 mg	4%
Iron	0.021mg	3%
Magnesium	10 mg	2.5%
Manganese	0.129 mg	5.5%
Zinc	0.17 mg	1.5%