



Red Onion

FOOD.BRAND

FOOD.CATEGORY

Red Onion

Nutrients

CALORIES	30 kcal (per 100g)
PROTEIN	1.4g (per 100g)
FAT	0.4g (per 100g)
CARBOHYDRATES	6.9g (per 100g)
FIBER	1.7g (per 100g)

David Janitzek Diets
Premium
Krumbacher Straße 26
86424 Dinkelscherben,
Germany
VAT ID: DE453108867

Contact:
Email: support@dietspremium.com
Tel.: +49 1520 744 5675

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dietspremium.com

Bank Details
Bank: Deutsche Bank
IBAN: DE26 7207 0024 0064 1910 00
SWIFT (BIC): DEUTDEDB33

Detailed Nutrient List



IRON	0.5 mg
ZINC	0.24 mg
FIBER	1.7 g
SODIUM	6 mg
COPPER	0.06 mg
VITAMIN B3 (NIACIN)	0.2 mg
PROTEIN	1.4 g
CALCIUM	25 mg
SUCROSE	2.2 g
VITAMIN B1 (THIAMIN)	0.03 mg
MAGNESIUM	8 mg
POTASSIUM	121 mg
MANGANESE	0.17 mg
VITAMIN E	0.12 mg
VITAMIN C (ASCORBIC ACID)	6 mg
VITAMIN A	2 µg
PHOSPHORUS	14 mg
VITAMIN B6 (PYRIDOXINE)	0.1 mg
VITAMIN B2 (RIBOFLAVIN)	0.03 mg
CARBOHYDRATE	6.9 g
FATTY SATURATED	0.11 g
FATTY MONOUNSATURATED	0.04 g
FATTY POLYUNSATURATED	0.17 g

David Janitzek Diets
 Premium **WATER**
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 0.6 g



FIBER INSOLUBLE	1.1 g
FRUCTOSE	1.2 g
GLUCOSE	1.9 g
SALT	0.015 g
SELENIUM	0.5 µg
VITAMIN K	0.4 µg
VITAMIN B9 (FOLATE)	19 µg
CHOLESTEROL	0 mg
FATTY TRANS	0 g
SUGAR	4.24 g
ASH	0.6 g
LUTEIN + ZEAXANTHIN	10 mg
OMEGA 3	0.02 g
OMEGA 6	0.15 g
GLICEMIC INDEX	10 µg
SULFUR	30 mg
CHLORINE	25 mg
COBALT	0.3 µg
FLUORIDE	1.2 mg
MOLYBDENUM	3 µg
CHROMIUM	1 µg
BETAINE	0.1 mg
PHYTOSTEROLS	15 mg

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STARCH	0.1 g
INULIN	0.1 g
TOTAL SUGAR ALCOHOLS	0 g
GLUTAMINE	50 g
ARGININE	20 g
LYSINE	30 g
ISOLEUCINE	20 g
LEUCINE	20 g
VALINE	25 g
HISTIDINE	10 g
PHENYLALANINE	20 g
THREONINE	15 g
METHIONINE	5 g
CYSTEINE	5 g
TYROSINE	10 g
PROLINE	15 g
SERINE	15 g
GLYCINE	15 g
ALANINE	20 g
GLUTAMIC ACID	50 g
ASPARTIC ACID	30 g
TRYPTOPHAN	5 g
VITAMIN D	0 µg

David Janitzek Diets
 Premium **VITAMIN D3**
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 0 µg



VITAMIN B5 (PANTOTHENIC ACID)	0.1 mg
VITAMIN B7 (BIOTIN)	0.1 mg
IODINE	1 µg
BORON	50 mg
NICKEL	2 mg
SILICA	1 mg
CAROTENE BETA	10 mg
LUTEIN	10 µg
ZEAXANTHIN	5 µg
NITROGEN	20 g

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