

# 1 medium yellow onion nutrition facts

**1 medium yellow onion nutrition facts** provide essential insights into the health benefits and dietary contributions of this commonly used vegetable. Yellow onions are a staple ingredient in many cuisines worldwide, valued not only for their distinct flavor but also for their rich nutrient profile. Understanding the nutritional content of a medium yellow onion can help individuals make informed choices about incorporating it into a balanced diet. This article explores the key nutrients found in a medium yellow onion, including calories, vitamins, minerals, and antioxidants. Additionally, the health benefits associated with these nutrients and practical dietary considerations will be discussed. The comprehensive overview will be beneficial for nutritionists, health-conscious individuals, and culinary enthusiasts alike. The following sections outline the detailed 1 medium yellow onion nutrition facts and their implications for health and wellness.

- Nutritional Composition of a Medium Yellow Onion
- Vitamins and Minerals in Yellow Onions
- Health Benefits Linked to Onion Consumption
- Caloric Content and Macronutrients
- Antioxidants and Phytochemicals in Yellow Onions
- Incorporating Yellow Onions into a Balanced Diet

## Nutritional Composition of a Medium Yellow Onion

A medium yellow onion typically weighs around 110 grams and contains a variety of nutrients that contribute to its overall health profile. The primary components include water, carbohydrates, proteins, and minimal fat. The high water content makes onions low in calories, while their carbohydrate content mainly consists of natural sugars and dietary fiber. This composition supports digestive health and provides a steady source of energy. Understanding the basic nutritional makeup sets the foundation for analyzing the specific vitamins, minerals, and other beneficial compounds present in yellow onions.

## Macronutrient Breakdown

The macronutrient profile of a medium yellow onion includes:

- **Calories:** Approximately 44 kcal
- **Carbohydrates:** About 10 grams, including 1.9 grams of dietary fiber
- **Protein:** Roughly 1 gram

- **Fat:** Minimal, less than 0.1 grams
- **Water:** Constitutes about 89% of the onion's weight

These values indicate that yellow onions are a low-calorie food rich in carbohydrates and fiber, making them suitable for various dietary plans.

## Vitamins and Minerals in Yellow Onions

Yellow onions are a valuable source of several essential vitamins and minerals that contribute to overall health. These micronutrients support various bodily functions including immune response, bone health, and metabolic processes. The presence of both water-soluble and fat-soluble vitamins enhances the nutritional value of onions.

### Key Vitamins Found in Yellow Onions

In a medium yellow onion, the following vitamins are present in notable amounts:

- **Vitamin C:** Approximately 8 mg, which supports immune function and acts as an antioxidant
- **Vitamin B6 (Pyridoxine):** Around 0.1 mg, important for metabolism and brain health
- **Folate (Vitamin B9):** About 19 mcg, essential for DNA synthesis and cell growth
- **Vitamin A:** Present in small amounts, contributing to vision and skin health

### Mineral Content

The mineral composition of a medium yellow onion includes:

- **Potassium:** Roughly 161 mg, which helps regulate fluid balance and muscle function
- **Manganese:** Approximately 0.13 mg, playing a role in bone formation and enzyme function
- **Calcium:** Small amounts around 23 mg, supporting bone strength
- **Magnesium:** About 10 mg, involved in muscle and nerve function
- **Phosphorus:** Present in minor amounts, important for energy production

This mineral diversity enhances the nutritional significance of yellow onions beyond their basic macronutrient profile.

# Health Benefits Linked to Onion Consumption

Consuming yellow onions regularly can provide multiple health benefits due to their rich nutrient and bioactive compound content. These benefits range from cardiovascular support to anti-inflammatory effects. The following outlines some of the primary health advantages associated with the nutrients found in a medium yellow onion.

## Cardiovascular Health

Yellow onions contain compounds that help reduce blood pressure and lower cholesterol levels, thereby supporting heart health. The potassium content contributes to maintaining healthy blood pressure, while antioxidants mitigate oxidative stress that can lead to cardiovascular disease.

## Anti-Inflammatory and Antioxidant Properties

Onions are rich in antioxidants, including quercetin and sulfur-containing compounds, which combat inflammation and oxidative damage. These properties may reduce the risk of chronic diseases such as diabetes, cancer, and neurodegenerative disorders.

## Digestive Health

The dietary fiber in yellow onions promotes healthy digestion by supporting gut bacteria and facilitating regular bowel movements. This can prevent constipation and improve nutrient absorption.

## Caloric Content and Macronutrients

The calorie content of a medium yellow onion is relatively low, making it an excellent addition to weight management diets. The macronutrient balance favors carbohydrates and fiber, with negligible fat and protein levels. This section discusses how these macronutrients contribute to daily nutritional requirements and energy balance.

## Energy Contribution

With approximately 44 calories per medium onion, the vegetable provides a modest energy boost primarily through carbohydrates. The natural sugars present are absorbed slowly due to the fiber content, preventing rapid spikes in blood sugar levels.

## Role of Dietary Fiber

Dietary fiber, at about 1.9 grams per onion, supports satiety and digestive health. Fiber intake is crucial for maintaining a healthy gut microbiome and regulating blood glucose levels. Yellow onions, therefore, contribute to these dietary goals effectively.

# Antioxidants and Phytochemicals in Yellow Onions

Beyond vitamins and minerals, yellow onions are rich in various antioxidants and phytochemicals that enhance their health-promoting properties. These compounds have been studied extensively for their roles in disease prevention and cellular protection.

## Quercetin and Flavonoids

Quercetin is a prominent flavonoid found in yellow onions, known for its potent antioxidant and anti-inflammatory effects. It helps neutralize free radicals and may reduce the risk of chronic illnesses.

## Sulfur Compounds

Onions contain sulfur-containing compounds such as allyl propyl disulfide and thiosulfinates, which contribute to their characteristic aroma and health benefits. These compounds have antimicrobial effects and may support detoxification processes in the body.

## Incorporating Yellow Onions into a Balanced Diet

Incorporating yellow onions into daily meals can enhance flavor while providing substantial nutritional benefits. Their versatility allows them to be used raw, sautéed, roasted, or caramelized in various dishes.

## Practical Usage Tips

- Add raw chopped onions to salads and sandwiches for a crunchy texture and vitamin boost.
- Sauté onions as a base for soups, stews, and sauces to enhance flavor and nutrient content.
- Roast or grill onions to bring out natural sweetness while retaining healthful compounds.
- Use caramelized onions as a topping for meats, pizzas, or burgers to add depth and nutrition.

## Dietary Considerations

While onions are generally well-tolerated, some individuals may experience digestive discomfort due to their fermentable fibers. Moderation and gradual introduction into the diet can help mitigate such effects. Overall, yellow onions represent a nutritious, flavorful, and health-promoting vegetable suitable for diverse dietary patterns.

## Frequently Asked Questions

### How many calories are in 1 medium yellow onion?

A medium yellow onion contains approximately 44 calories.

### What is the carbohydrate content in 1 medium yellow onion?

One medium yellow onion contains about 10 grams of carbohydrates.

### How much fiber does 1 medium yellow onion provide?

A medium yellow onion provides around 1.9 grams of dietary fiber.

### What vitamins are found in 1 medium yellow onion?

A medium yellow onion contains vitamin C, vitamin B6, and small amounts of folate.

### How much protein is in 1 medium yellow onion?

There is approximately 1 gram of protein in a medium yellow onion.

### Are there any fats in 1 medium yellow onion?

A medium yellow onion contains negligible fat, typically less than 0.1 grams.

### What minerals are present in 1 medium yellow onion?

A medium yellow onion provides minerals such as potassium, manganese, and small amounts of calcium and magnesium.

### Does 1 medium yellow onion contain antioxidants?

Yes, yellow onions contain antioxidants like quercetin, which have anti-inflammatory properties.

### Is 1 medium yellow onion low in sodium?

Yes, a medium yellow onion is naturally low in sodium, containing about 4 milligrams.

## Additional Resources

### 1. *The Nutritional Power of Onions: A Comprehensive Guide*

This book delves into the nutritional profile of onions, with a special focus on the medium yellow onion. It explores vitamins, minerals, antioxidants, and health benefits associated with onion consumption. Readers will gain insights into how onions can support immunity, heart health, and digestion.

## *2. Onions and Your Health: Facts and Myths*

Addressing common questions and misconceptions, this book provides evidence-based information on the nutritional value of yellow onions. It explains the role of sulfur compounds and flavonoids in promoting wellness. The author also discusses how onions fit into various dietary patterns for optimal health.

## *3. The Science Behind Onions: Nutrition and Beyond*

Focusing on the biochemical composition of onions, this text provides a detailed look at the nutrients found in a medium yellow onion. It highlights how these nutrients impact bodily functions and disease prevention. The book is ideal for readers interested in the science of food and nutrition.

## *4. Cooking with Yellow Onions: Nutritional Benefits in Every Dish*

This practical guide combines nutrition facts with delicious recipes centered around yellow onions. It emphasizes how cooking methods affect the nutritional content of onions. Readers will learn to prepare meals that maximize health benefits while savoring the unique flavor of yellow onions.

## *5. The Role of Onions in a Balanced Diet*

This book explains how including medium yellow onions can contribute to a well-rounded diet. It covers calorie content, fiber, vitamins, and minerals, showing how onions complement other foods. The guide also offers tips for incorporating onions into meals for improved health outcomes.

## *6. Onion Nutrition for Weight Management*

Highlighting the low-calorie and nutrient-dense nature of yellow onions, this book discusses their role in weight control and satiety. It examines how onion compounds may influence metabolism and fat storage. Readers will find strategies for using onions to support healthy weight goals.

## *7. Antioxidants in Onions: Nature's Defense System*

This book focuses on the antioxidant properties of yellow onions and their impact on reducing oxidative stress. It details the types of antioxidants present and their mechanisms of action in the body. The text also reviews scientific studies linking onion antioxidants to chronic disease prevention.

## *8. The Botanical and Nutritional Journey of the Yellow Onion*

Combining botany and nutrition, this book traces the history, cultivation, and nutrient composition of the medium yellow onion. It offers a holistic view of how onions have been used for food and medicine throughout history. Readers will appreciate understanding both the plant's biology and its dietary importance.

## *9. Functional Foods: The Case of the Yellow Onion*

Exploring the concept of functional foods, this book highlights the medium yellow onion as a prime example. It discusses bioactive compounds in onions that provide health benefits beyond basic nutrition. The author presents current research and practical advice for incorporating functional foods into everyday diets.

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**1 medium yellow onion nutrition facts: Better Homes and Gardens Year-Round Slow Cooker ,**

**1 medium yellow onion nutrition facts:** *Taste of Home Comfort Food Diet Cookbook* Taste Of Home, 2009-12-31 Taste of Home Comfort Food Diet Cookbook presents a common-sense approach to healthy living and dieting by focusing on what people can eat, not what they have to give up. With the help of provided calorie counts, readers can plan their day and feel confident knowing they're within the desired calorie range for weight loss. All recipes come from real home cooks and combine realistic portions with exceptional taste-and all have been approved by the nutritionist on the Taste of Home staff. In addition to hundreds of satisfying recipes, this book contains: -A four-week meal plan that covers breakfast, lunch, dinner, desserts, snacks, and beverages -Nutrition facts and calories, including diabetic exchanges -Notes on exercise and portion control -A code to access a special gated website, which contains additional meal plans, healthy tips, and online community support -Testimonials and photos from actual dieters -A free year subscription to Taste of Home Healthy Cooking magazine -Tips on dining out Readers will also find a number of free foods with low calories for guilt-free snacking and a clip-and-keep calorie guide they can remove from the book to carry on the go for use in restaurants. Put the Taste of Home Comfort Food Diet Cookbook's meals on your menu, and you'll be putting the pleasure back in healthy eating.

**1 medium yellow onion nutrition facts:** *The Keto All Day Cookbook* Martina Slajerova, 2019-01-22 In *The Keto All Day Cookbook*, best-selling author and creator of the KetoDiet blog Martina Slajerova compiles her best recipes for every meal of the day (even snacks)—plus 17 new ones, accompanied by nearly 40 gorgeous new photos—to help you stay the keto course, deliciously! Keto is the top-trending supportive diet. Bolstering its reputation is research that strongly suggests that a keto diet may help reverse diabetes, obesity, cancer, and the effects of aging. However, in order to reap the benefits, you need to stick to the keto plan at every meal. That can be challenging when eating breakfast during your commute or figuring out what to eat for dinner after a long day. And what to do about lunch? Especially when your lunch hour may be 10 minutes at your desk. With *Keto All Day* you won't be tempted to blow your keto diet on a carb-filled snack or a processed convenience meal simply because you are tired, rushed, or just don't know what to prepare. Enjoy tasty, flavorful recipes for snacks and meals, such Breakfast Egg Muffins, Pizza Waffles, Carrot Cake Oatmeal, Southern Duck Deviled Eggs, Eggplant Parma Ham Rolls, and Taco Frittata. *Keto All Day* even has recipes for delicious drinks and desserts, including Cookie Dough Mousse, Boston Cream Pie, and Raspberry Lime Electrolyte Cooler. Reap the benefits of the amazing keto diet in a delicious way with *Keto All Day*.

**1 medium yellow onion nutrition facts:** *The Beginner's KetoDiet Cookbook* Martina Slajerova, 2018-04-03 "It's a fantastic resource for beginner keto-eaters, but I would argue it's the perfect companion for long-time keto-eaters, too!" —Hello Glow.co The transition to a keto diet can be difficult, but this "induction" phase doesn't have to be! Best-selling author of *The KetoDiet Cookbook*, Martina Slajerova, explains the first tricky few weeks as your metabolism readjusts to burning fat rather than carbs. The ketogenic diet has become the go-to healthy diet for losing weight, managing diabetes, and possibly preventing and managing conditions such as neurodegenerative diseases and cancer. Every recipe in *The Beginner's KetoDiet Cookbook* is designed to meet the special nutrient requirements of the induction phase. Just some of the dishes you'll be enjoying include: Breakfast Chili ·Anti-Inflammatory Egg Drop Soup ·Ricotta & Pepper Mini-Tarts ·Avocado Power Balls ·Salmon Ramen ·Dulce de Leche Fudge ·Chocolate Electrolyte Smoothies From quick "keto-flu" remedies and curbing cravings, to avoiding pitfalls like incorrect macronutrient balances and "zero-carb" approaches, *The Beginner's KetoDiet Cookbook* puts you on the right path to lose weight, get healthy, and enjoy all the benefits of the ketogenic diet for the long-term

**1 medium yellow onion nutrition facts:** *Easy Keto Cooking* Martina Slajerova, 2022-12-27 Succeed in your transition to the fat-burning keto diet with expert guidance and 150 recipes to keep

you on track. You've tried Paleo and a low-carb diet, but is it enough to give your metabolism the jolt it needs? Have you plateaued with your weight loss? What can you do to really burn off that extra weight and live a healthier life? Conquer these challenges with the ketogenic diet—with foods higher in good fats, moderate protein, and little-to-no carbohydrates, you'll feel less hungry and your body will begin to burn fats stores instead of the carbohydrates and glucose that usually bog down your system. Easy Keto Cooking, adapted from Martina Slajerova's best-selling The Beginner's Keto Diet Cookbook, distills the key information you need as you start out with the diet and the best-of-the-best recipes to make while retaining the expertise of one of the best-selling keto authors on the market today. The book offers an introduction to the science behind the ketogenic diet, a basic guide to following it, and abundant practical solutions for the beginner, including navigating the first tricky few weeks as your metabolism readjusts to burning fat rather than carbs. Every recipe in Easy Keto Cooking is designed to meet the special nutrient requirements of the induction phase and to be perfectly compatible with ketogenic, low-carb, high-fat, gluten-free, grain free, Paleo, primal, and ancestral diets. Give your body the boost that it deserves with soups, breakfasts, appetizers, sides, and sauces that are totally free of: grain, sugar, potatoes, legumes, additives/artificial sweeteners, and unhealthy oils/fats. Dairy-free options are also included. Just some of the dishes you'll enjoy: Cheesy Spinach Pancakes Chicken Meatball Pho Avocado-Stuffed Power Balls Superfood Pesto Zoodles & Eggs Bacon-Wrapped Monkfish with Creamed Spinach Chocolate Cupcakes with German Buttercream Strawberry Cream Soda From quick "keto-flu" remedies and curbing cravings, to avoiding pitfalls like incorrect macronutrient balances and "zero-carb" approaches, Easy Keto Cooking puts you on the right path to lose weight, get healthy, and enjoy all the benefits of the ketogenic diet for the long-term.

**1 medium yellow onion nutrition facts: New Cook Book** Jennifer Darling, 2004-03 Includes two bonus chapters of recipes, menus, party and decorating ideas, and shortcut treats Bonus Chapter No. 1: Holiday Menus Menus for Thanksgiving to Christmas and the Super Bowl including holiday brunches, appetizer parties, dessert parties, and simple dinners for busy families Additional recipes new to this edition Make-ahead information and time tables for all menus so more time is spent with guests, not in the kitchen Fun and simple tabletop decorating ideas to dress up holiday tables Tips to make holidays easier and more fun Bonus Chapter No. 2: Shortcut Treats Simple cookies and candies (using a mix or just a few ingredients stirred together) Food gifts that include easy packaging ideas How to organize a cookie exchange Simple decorating ideas to dress up packaged cookies

**1 medium yellow onion nutrition facts: New Cook Book** Better Homes and Gardens, Tricia Laning, 2005 Presents the seventy-fifth anniversary edition of the famous cookbook and contains a collection of full-color photographs and detailed instructions to a number of recipes.

**1 medium yellow onion nutrition facts: The Ultimate Slow Cooker Book** Better Homes and Gardens, 2012-01-25 You'll never run out of meal ideas for your slow cooker with this massive, photo-filled compendium The second book in the Ultimate series, following The Ultimate Cookie Book, this giant collection of recipes will keep your slow cooker meals delicious and exciting for years to come. There's way more here than just pot roasts and stews; this book offers recipes for main courses, appetizers, sides, and even desserts and breakfast. With all that, you'll never lack for ideas again! Nearly 500 pages in length and packed with full-color photos and hundreds of inventive recipes—The Ultimate Slow Cooker Book is a great deal at a great price. • Includes 400 recipes, including main dishes, appetizers and beverages, soups and stews, side dishes, breakfast, and desserts • 200 full-color photos and a beautiful design will help inspire your next slow cooker sensation • Features tips on converting many of your favorite conventional recipes for soups, stews, and roasts so they can be prepared in the slow cooker • A great big cookbook at a small price Whether you've been using your slow cooker for years and need new ideas or you're a first-timer looking for easy dinner solutions, this is the ultimate slow cooker book for you.

**1 medium yellow onion nutrition facts: Taste of Home Cooking for Two** Taste of Home, 2017-06-27 The perfect COOKBOOK companion for Newlyweds, empty nesters or small households!

Love to cook but don't love the leftovers? Whether you're a newlywed or moving out on your own for the first time; an empty nester or simply cooking for a small household, *Taste of Home Cooking for Two* helps you whip up mouthwatering meals in just the right quantities. All of the 141 dishes in this sensational collection are just right for one or two diners. From snacks and appetizers to entrees and desserts, the perfect dish is always at hand. Best of all, each recipe includes a complete set of Nutrition Facts, prep-and-cook timelines and step-by-step directions. With full-color photographs, heart-smart dinners, 30-minute dishes, 5-ingredient recipes and more, *Cooking for Two* is your guide to quick-and-easy dishes sized right for a pair. CHAPTERS Breakfast for Two Appetizers for Two Soups, Stews & Chili for Two Sandwiches & Wraps for Two Sides, Salads & Breads for Two Beef & Ground Beef for Two Chicken & Turkey for Two Pork, Ham & Sausage for Two Fish & Seafood for Two Meatless Choices for Two Desserts for Two

**1 medium yellow onion nutrition facts: Dr. Vlassara's AGE-Less Diet** Helen Vlassara, Sandra Woodruff, Gary E. Striker, 2016-10-04 Imagine naturally occurring toxic substances that are responsible for chronic disease and accelerated aging. When trying to discover why patients with diabetes are prone to complications such as heart disease, Dr. Helen Vlassara and her research team focused on compounds called advanced glycation end products, or AGEs, which enter the body through the diet. For years, these amazing studies remained virtually unknown to the public. Now, renowned researchers Dr. Vlassara and Dr. Gary Striker, and best-selling author Sandra Woodruff have written a complete guide to understanding AGEs and avoiding their harmful effects through the careful selection of foods and cooking techniques. Part One of Dr. Vlassara's AGE-Less Diet clearly explains what AGEs are, how they enter your body, and how they contribute to the development of chronic disease, including diabetes, cardiovascular disease, kidney disease, dementia, obesity, and more. Most important, you'll learn how you can reduce AGEs and improve your health by making simple changes in the way you eat. Part Two offers over a hundred taste-tempting AGE-less recipes that show you just how easy—and delicious—it is to follow an AGE-less diet. By lowering your AGE levels, you can reduce the potential of developing any number of serious disorders and enjoy greater health. Dr. Vlassara's AGE-Less Diet will guide you in making a real difference in your life.

**1 medium yellow onion nutrition facts: Keto Slow Cooker & One-Pot Meals** Martina Slajerova, 2017-11-21 With this collection of one hundred high-fat, low-carb ketogenic recipes, enjoy quick, tasty dinners as you get healthy, lose weight, and control your blood sugar. The ketogenic diet is regarded as a go-to eating plan for losing weight, reversing certain illnesses—such as diabetes—and even maintain general health. However, living ketogenic can be time-consuming and complicated. Slow-cooker and one-pot meals are the ultimate convenience food. Just fix and forget, then enjoy a nourishing meal when everyone gets home. Unfortunately, most slow-cooker and one-pot recipes depend on processed, high-carbohydrate ingredients such as noodles, potatoes, and other high-glycemic staples that aren't allowed on the ketogenic diet. *Keto Slow Cooker & One-Pot Meals* lets you enjoy your slow cooker while maintaining your ketogenic diet, too! Filled with over one hundred keto recipes for everything from satisfying soups to quick skillet meals and savory stews, you'll always be able to get a healthy ketogenic meal on the table with no fuss! Enjoy nourishing meals that are comforting and good for you like: Chicken Mulligatawny Soup Mushroom & Dill Sour Soup Pumpkin & Chorizo Meatball Soup Italian Sausage Frittata Crispy Chicken with Olives and Lemon Coq Au Vin Thai Pork Lettuce Cups Cheesy Cauliflower Casserole Chicken Tikka Masala Festive Turkey Meatballs Beef Bourguignon Osso Bucco with Gremolata Spiced Chocolate & Coconut Cake Carrot Cake Oatmeal Macadamia Chai Cake Brownie Almond Cheesecake Bars Praise for *Keto Slow Cooker & One-Pot Meals* "Simply designed with a gorgeous layout, this book is a winner! I'm really impressed with the tools and tips offered throughout the book—it's great for slow cooking newbies and veterans alike!" —Leanne Vogel, bestselling author of the *Keto Diet*

**1 medium yellow onion nutrition facts: My Italian Kitchen** Janet Zappala, 2012-09-01 Presenting a fantastic selection of authentic recipes, this cookbook captures the robust flavors of real Italian cooking. Inspired by the expertise of the author's family, this compilation offers such favorites as Panzanella (Italian Bread Salad), Mama Mia Ziti, and Blue Crab Linguine in Marinara

Sauce. Featuring traditional sweets such as Save-the-Day Sour-Cream Coffee Cake, Tiramisu, and Dad's Favorite Pignoli Cookies, this tempting array of mouthwatering masterpieces also provides tips on how to make these classic dishes more healthful without sacrificing flavor.

**1 medium yellow onion nutrition facts:** The Ultimate Appetizers Book Better Homes and Gardens, 2012-04-11 With The Ultimate Appetizer Book, you'll find the perfect morsels and drinks in one incredible compendium! No matter what your party style is-casual, dressy, or just plain fun-nothing says party like tasty appetizers! The third book in the Ultimate series, following The Ultimate Cookie Book and The Ultimate Slow Cooker Book, this unique recipe collection features more than 450 recipes for everything from super quick dips and snack mixes to elegant pastries and bite-size sweets-all guaranteed to entice any crowd. More than just a collection of recipes, this book is packed with hundreds of inspiring full-color photos and provides all the tools you need to throw a fabulous bash, including helpful hints in on creative presentation ideas, themed party menus using the recipes in the book, lists of versatile ingredients to keep in the pantry, and make-ahead directions to make planning a breeze. More than 450 party foods and drinks range from classics and basics, to fun, creative delights Recipes include prep times and make-ahead directions to help with planning, inventive ideas on flavor variations, and nutritional analysis With over 300 full-color photographs throughout and a bold, colorful design, this is the ultimate appetizer recipe collection, as beautiful as it is practical, and in an affordable, value package

**1 medium yellow onion nutrition facts:** *Healthy Living Kitchen-A Recipe For Life* Janet Seiber, RD, LDN, CDE, Jane Kelly, RN, BSN, CWPC, Mark McKinney, Senior Executive Chef, 2014-02-19 A Recipe for Life is a collection of recipes and healthy lifestyle tips from the first 5 years of the Healthy Living Kitchen program and is designed to be a guidebook for healthy living. Whether you have had a diagnosis of heart disease, diabetes, or celiac disease, or you are interested in improving your health, this book provides a step-by-step guide to making healthier lifestyle choices. A Recipe for Life offers tips for grocery shopping, selected diet plans, meal planning, cooking tips, recipe modification, and recipes for all occasions. Class participants have evaluated the recipes and found them to be simple, delicious and nutritious. We hope this cookbook is one that you will enjoy using in your kitchen and will bring out the inner chef in you!

**1 medium yellow onion nutrition facts:** **Plantifully Simple** Kiki Nelson, 2024-07-09 National Bestseller | Food Network: One of 10 Best New Vegan Cookbooks "A must-read for anyone looking to optimize well-being...Kiki's recipes and guidance are sure to set you up for success!" —From the Foreword by Dr. Uma Naidoo, author of *This Is Your Brain on Food* and *Calm Your Mind with Food* "For author Kiki Nelson, meals are not just mere sustenance, but an opportunity to change the way you feel. And for her, that means following a plant-based diet, one which has helped her improve her mood, gain energy and lose weight. It also means finding dishes that offer nutrition, satiety and flavor made with wholesome ingredients, which isn't as elusive a notion as you might think." —Food Network Reclaim your health with Kiki Nelson's all-new super simple plant-based recipes and a 28-day meal plan that will kickstart new habits and enable you to maintain your health and weight loss. Whether you want to prevent diabetes and stroke, sleep better, heal PCOS, resolve any number of health concerns associated with weight, are trying to shed those last ten pounds, or you are simply in a maintenance stage, Plantifully Simple is for you. Kiki Nelson, who lost seventy pounds on a plant-based diet and eliminated her risk for diabetes and stroke, shares the recipes, meal plans, plate-building, and mindset she adopted to reclaim her health—and keep off the weight. Here, she offers 100 all-new recipes that are as delicious as they are satisfying: they depend on luscious fruits and vegetables as well as comforting and satisfying carbs so you will never be bored or hungry—or feel restricted. Kiki knows that to lose weight you need a plan, and here she offers two foolproof plans. Both can deliver results, and offer freedom and peace of mind when it comes to making food choices. Mindfully Plant-Based: An effective and liberating plan for eating low-fat plant-based foods using Kiki's "balanced plate" method that balances starchy vegetables with fiber-rich non-starch vegetables. Precisely Plant-Based: A targeted plan for eating low-fat plant-based foods while tracking your daily calories so you have concrete data for tailoring what you eat to your body's

unique needs. Plantifully Simple is a unique resource that is at once practical and inspiring and includes the following recipes: Breakfast and Brunch: Raspberry Lemon Poppy Seed Pancakes, Chocolate Peanut Butter Oatmeal, Garden Vegetable Chickpea Omelet, Breakfast Tacos Lunch and Dinner: Sesame Ginger Cold Noodle Bowl, Butternut Squash and Kale Salad with Cranberries and Pecans, Sweet Potato Black Bean Curry, Apple Pimento Grilled Cheese with Caramelized Onions and Arugula, Hawaiian Street Cart Tacos, Spring Alfredo Pasta Sauces, Dressings, and Dips That Make Mealtime a Snap: Creamy Sriracha Dressing, Corn and Cucumber Salsa, Pimento Cheese Sauce Desserts: Heavenly Banana Brownies, Maple Pecan Pudding, Apple Caramel Crisp

**1 medium yellow onion nutrition facts:** Cook Together, Eat Together University of Kentucky, Cooperative Extension Service, Family and Consumer Sciences Extension, 2021-03-09 In today's fast-paced world, many people find themselves waiting in line at fast food restaurants more often than gathering around the dinner table with loved ones. Cooking and eating together can help families grow closer, but it can be challenging for parents to put a meal on the table when time is limited and money is tight. Cook Together, Eat Together is designed to help families enjoy more home-cooked, healthy meals. Featuring easy recipes for breakfast dishes, soups, vegetables, salads, and one-pot meals, the book lays out a strategy to enable families to spend more quality time together while also preparing foods that are affordable and delicious. In addition, the authors provide a toolkit for lifestyle changes, including budgeting tips, nutrition guides, breakdowns explaining how to evaluate food labels, and even a quick guide to shopping smart at the farmers' market. Each recipe comes with useful information—from preparation tricks that help reduce mess, to ideas for how to use leftovers, all the way to icebreakers for starting fun conversations around the table. The no-nonsense, nutritious recipes in this cookbook are designed to get the whole family in the kitchen, enjoying comforting foods, and making memories. Cook Together, Eat Together serves up tasty, budget-friendly dishes that home cooks and their kids can prepare with less stress.

**1 medium yellow onion nutrition facts:** The Complete Quick and Hearty Diabetic Cookbook American Diabetes Association, 2012-02-29 The Complete Quick & Hearty Diabetic Cookbook features dozens of simple yet delicious recipes from appetizers and salads to pasta, poultry, and desserts. Choose from more than 200 fast and simple-to-make, low-fat recipes with old-fashioned good taste. These are homestyle favorites brought back in healthy and tasty versions for everyone to enjoy!

**1 medium yellow onion nutrition facts:** Living Well with Hemochromatosis Anna Khesin, 2019-06-18 Combat iron overload with this lifestyle and treatment guide featuring a comprehensive, dietitian-approved, and fully customizable food plan. Also known as "iron overload" or "bronze diabetes," hemochromatosis is one of the most common genetic disorders in the US. With no known cure and life-sapping symptoms, such as fatigue, joint pain, heart abnormalities, and skin discoloration, it is a life-altering diagnosis that can lead to very serious medical conditions. Living Well with Hemochromatosis is an approachable guide to taming your symptoms by taking total control of your diet. It offers an easy-to-understand overview of micronutrients, tips and tricks for identifying high-iron foods and limiting absorption, stories from others living with hemochromatosis, and simple and delicious recipes. From carnivores to vegans, this book offers something for all lifestyles. Recipes span from salads, side dishes, and entrees to smoothies and even desserts—each one featuring helpful nutritional analysis.

**1 medium yellow onion nutrition facts:** Cooking For High Triglycerides Jonathan Campbell, 2010-03-03 Cooking For High Triglycerides What are high triglycerides? What foods are safe to eat? What foods are not safe to eat? Inside this cookbook you will find the answers to those questions; along with 160 recipes aimed at lowering your cholesterol triglycerides, LDL cholesterol, as well as raising your HDL cholesterol. 118 recipes with no cholesterol per serving! 146 recipes with less than 5 grams of sugar! 148 recipes with 1 gram or less saturated fat! According to the latest dietary information the following are the requirements for a triglyceride friendly diet. Less than 200mg of cholesterol per day Less than 40g of sugar per day I urge you to take the steps needed to give yourself a healthier life, try these recipes and see how easy and tasty it is to be cooking for high

triglycerides.

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