



Red Onion: Nutritional Facts And Its Awesome Health Benefits

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FOODS HEALTH

Onion is one of the most important items. Onions are the cultivators with purplish red skin and white flesh tinged with red. They are available throughout the year. Red onions are consumed all over the world. Onions are generally found in every kitchen of the world. Red onion commonly used to make **pickle** with vinegar.

It is considered that onions are originated from central **Asia** especially **Iran** and **Pakistan**. People are using onion since ancient time approximately 5000 years ago. Red onion can be stored **3 to 4 months** at the room temperature. Red onions are **high in flavonoids** and **fiber**. They are available from medium to large in size and have a **sharp** and **peppery** taste. They can be eaten as raw, grilled or lightly cooked with other foods and can also be added in decorations of salad. Red Onion skin is used as a **dye**.



Nutritional Facts of Red Onion

It is suggested that eating an onion regularly is beneficial for health because onions are very nutritious.

Calories per serving (each serving size 1/2 cup or 80g cooked onion) -30 calories. Calories from fat- 0.

Total Carbohydrate - 7 g

Sodium - 0 mg

Sugar - 3mg

Protein - 1 gram

Vitamin C - 10% daily value for 2000 calorie-per-day diet

Calcium - 2 % daily value for a 2000-calorie per day diet

Health benefits of Red Onion

Here are the surprising health benefits of red onion:-

Red Onion improves brain function

Red onions include a high amount of sulfur that can improve the amino acid components which are required in the brain and nervous system function. Eating red onion a day can help you to keep healthy brain cell and develop your memory.



Red Onion prevents hair loss

Red onion juice can help to develop hair growth by cherishing the hair root and provide it with sulfur that is needed in hair cell formation. This is one of the outstanding benefits of red onion that has been practiced by many people around the world and it also can treat baldness. Just rub the hair scalp with red onion juice regularly and watch the difference after some weeks

Red Onion aids fever and cold

Red onions contain active phytochemical that can decrease the effect of fever and avoid cold. Some people consider that by putting a bowl full of red onion they can be avoided by getting flu and yet many people have shown and realized it.



Red Onion lower blood pressure

Red onion can avoid blood clotting and it has the same effect on other blood thinner instruction drug. Many cardiologists will recommend their patient to include the red onion in their instruction or diet since they have great benefits in keeping the cardiovascular system.

Red Onion prevents cancer

A researcher has shown that antioxidant in red onion can avoid cancer by reducing DNA damage which caused by free radicals. They also found that onion can kill tumor cell in the experimental tube and most amazing things that onion juice can fight cancer cells, especially in leukemia case. Red onion can avoid almost any types of cancer especially colon and laryngeal cancer.



Red Onion reduces your cholesterol

Health Benefits of Red Onions could reduce your cholesterol level in fast ways. Red onion includes high amounts of quercetin which has effect in lowering bad cholesterol or Low-Density Lipoprotein by increasing the level of good fat known as High-Density Lipoprotein. Quercetin is a compound of flavonoids that well known as a strong antioxidant.

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Dr.Aisha who is the Senior Physiotherapist at The PhysioStudio. She got specialized in a variety of fields of sports and fitness and conduct and participate in various events as the Physio Partner, including The World T20 Cricket Tournament for the blind 2017. She has a special interest in orthopedics, Sports, and Fitness exercises. This was not just a reason to choose Physiotherapist as her career but one of her childhood events also molded her into a true believer of Physiotherapist.