Calorie chart: onions and garlic (PDF)

Calories, protein, carbohydrate and fat for 24 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Garlic	1 clove (3 g)	4	**149**	6.4	33.1	0.5
Green Onions	1 cup, chopped (100 g)	32	**32**	1.8	7.3	0.2
Leeks	1 cup (89 g)	54	**61**	1.5	14.2	0.3
Leeks Boiled	1 leek (124 g)	38	**31**	0.8	7.6	0.2
Leeks Boiled with Salt	1 leek (124 g)	38	**31**	0.8	7.6	0.2
Leeks Freeze-Dried	1 tbsp (0.2 g)	1	**321**	15.2	74.7	2.1
Onion	1 medium (2-1/2" dia) (110 g)	44	**40**	1.1	9.3	0.1
Onion Rings	1 cup (48 g)	132	**276**	4.1	33.8	14.3
Onion Rings Frozen Unprepared	6 rings (85 g)	219	**258**	3.2	30.5	14.1
Onions Boiled	1 medium (94 g)	41	**44**	1.4	10.2	0.2
Onions Boiled with Salt	1 medium (94 g)	39	**42**	1.4	9.6	0.2
Onions Canned	1 onion (63 g)	12	**19**	0.9	4	0.1
Onions Frozen Chopped	1/3 package (10 oz) (95 g)	28	**29**	0.8	6.8	0.1
Onions Frozen Chopped Boiled	1 tbsp chopped (15 g)	4	**28**	0.8	6.6	0.1
Onions Frozen Chopped Boiled with Salt	1 tbsp chopped (15 g)	4	**26**	0.8	6	0.1
Onions Frozen Whole	1/3 package (10 oz) (95 g)	33	**35**	0.9	8.5	0.1
Onions Frozen Whole Boiled	1 cup (210 g)	59	**28**	0.7	6.7	0.1
Onions Frozen Whole Boiled with Salt	1 cup (210 g)	55	**26**	0.7	6.1	0.1
Sauteed Onions	1 cup chopped (87 g)	107	**123**	1	7.9	10.8
Shallots	1 tbsp chopped (10 g)	7	**72**	2.5	16.8	0.1
Shallots Freeze-Dried	1 tbsp (0.9 g)	3	**348**	12.3	80.7	0.5
Sweet Onion	1 NLEA serving (148 g)	47	**32**	0.8	7.6	0.1
Welsh Onions	100 g	34	**34**	1.9	6.5	0.4
Young Green Onion Tops	1 cup chopped (71 g)	19	**27**	1	5.7	0.5

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/onions-and-garlic/