Database | Insert | WeWeb Documentation

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| URL source | <https://docs.weweb.io/workflows/actions/supabase/database-insert.html> |
| Date de scraping | 2025-04-08T15:56:58.450787+00:00 |

## Insert ​

Insert is a SQL operation that adds new records to a database table. When you insert data, you create one or more new rows containing values for specified columns. Each insert operation can add a single record or multiple records at once, similar to adding new rows to a spreadsheet. All new records must follow the table's rules for required fields and data types.  
If you have installed the Supabase data source plugin , you will have access to the Supabase Database | Insert action in workflows:  
  
In the example above, we are inserting one row in the cars table.

### Images

<https://docs.weweb.io/assets/supabase-data-insert.LgFT9mMy.png>

## Single insert ​

With the Supabase insert action, you can create a Single record or Multiple records at once.  
When creating a single new record in Supabase, all the table fields will be listed by default:  
  
You can choose to select only the fields that you need upon creation of the record:

### Images

<https://docs.weweb.io/assets/supabase-data-insert-single.BfF8ZLQW.png>

<https://docs.weweb.io/assets/supabase-data-insert-single-fields.fC9KJBEd.png>

## Multiple (bulk) insert ​

To insert multiple records at once, you have two options.  
Bind the Rows with a list of items  
  
In the example above, we are creating two records with the same values for both the make and model fields.  
Click on Add item and bind each Row to an object

### Images

<https://docs.weweb.io/assets/supabase-data-insert-rows.BwhonuG6.png>

<https://docs.weweb.io/assets/supabase-data-insert-multiple.Bc7cbTHW.png>

<https://docs.weweb.io/assets/supabase-data-insert-multiple-format.X6S1RRth.png>

## Return inserted rows ​

By default, when you successfully insert a new record, Supabase will simply return a success message.  
Depending on your use case, you may want Supabase to include the row(s) just created in its response .  
To achieve this, you will need to enable the Return inserted rows option when configuring the insert action in WeWeb:

### Images

<https://docs.weweb.io/assets/supabase-data-returned-fields.BTQdw68X.png>

## Using explain ​

EXPLAIN is a PostgreSQL command that can help you understand and optimize how your queries are performing.  
This is an advanced backend feature that we recommend learning through the user documentation of Supabase and its underlying technology PostgreSQL .