

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

White Onion

White onions are medium to large in size and are globular in shape with rounded or slightly tapered ends. The bulb is encased in a bright white, papery, parchment-like skin that is flaky, dry, and thin. The layers on its inside have a strong, sharp smell and taste.



How to Select and Store:

Fresh - Selection

ROBUST COLOR **FIRM BULB** **HEAVY WEIGHT**

Select white onions that are heavy, firm, free from bruises and have a bright, clear, white color. The onions should have dry, papery, easily removeable skins.

Avoid onions that have soft spots or brown discoloration. Onions that have emerging sprouts should also be avoided during the selection process.

Fresh - Storage



REFRIGERATOR CRISPER AT 45-55 DEGREES F.

White onions are best kept stored at around 45 to 55 degrees F in the refrigerator or at room temperature on the counter. Be sure to store potatoes and onions separate, as gases from the onions can hasten sprouting in potatoes

White onions can last up to a month if stored in the refrigerator and about 2-5 days if stored at room temperature.

Nutrition Facts

Serving Size 1/4 cup chopped (25g)

Amount per serving

Calories **5**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber <1g 2%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 0g

Vit. D 0mcg 0% • Calcium 20mg 0%

Iron 0.4mg 2% • Potas. 70mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips for Preparing and Cooking:

Preparation

Prepare white onion by carefully cutting both ends off. Cut the onion in half and gently peel back the onion skin. Then you may dice, slice, or roughly chop the onions depending on your chosen recipe.

Try white onion...

Garnish

White onions are extra flavorful and crispy. Try them diced mixed with roughly chopped cilantro on tacos, salads, and in burritos.

Pickle

Test out white onions pickled in vinegar, water, salt, sugar, and choice of herbs for a tangy topping on burgers, tacos, salads, and more!

Sauté

Sautéed onions add a rich flavor to soups, stews, sauces, and stir-frys. Cook on medium-low heat until translucent for the best flavor profile.