

Onion, Green



- Scientific Name: Allium spp.
- Health: Green onions are high in vitamin C, which is an antioxidant that has been shown to be helpful in preventing cancer.
- Taste: Green onions have a mild, tangy flavor.

Purchasing Specifications

Availability:

Year round

Growing Regions:

Mexico, USA

Receiving Information:

- Look for green onions that are crisp with fresh, tender green tops and slightly bulbed white ends. Avoid onions with discolored, decaying, or wilted tops.
- Usage: Green onions are a popular addition to salads, soups and as a flavoring in meat dishes.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Slimy roots: Shows signs of bad/lost product.

- Keep green onions separated from foods that absorb odors. Green onions are very perishable; do not store for long periods of time. Keep green onions separated from ethylene-producing fruits and ripening rooms.
- Yellow or decayed tops: Storing green onions at high temperatures may cause tops to decay or turn yellow. Exposure to ethylene gas may also cause yellowing and decay.
- Do not store green onions near ethylene-producing fruits or ripening rooms.
- General deterioration: Green onions are very perishable; do not store for long periods of time.

Nutrition Facts

Serving Size: 1 tablespoon, chopped

Amount Per Serving

	Fat Calories
	% Daily Value*
Calories 2	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 1mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	0%
Potassium 17mg	0%
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.