



Onion, Red

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA

Receiving Information:

- Selection: Choose onions that are firm and heavy for their size. Avoid onions with visible decay or soft spots.
- Refrigeration: Storing uncut sweet onions in the refrigerator can help to extend their shelf life.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: Yes
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: Yes
- Storage: Store onions up to two weeks in a cool, dark, well ventilated place. Store onions away from potatoes and discard onions that develop sprouts.
- Avoid decay: Onions can draw moisture from other vegetables that they are stored with. Onions need a dry atmosphere and too much humidity induces decay.

- Shape: Bulb-like
- Usage: Good for eating raw or cooked.
- Taste: Pungent taste and odor; slightly sweet
- Phytochemical: Quercetins, Allium compounds
- Color: Red to purple
- Skin Texture: Very thin; made up of layers of peels
- Flesh Description: White flesh that is tinged with red; very juicy

Nutrition Facts

Serving Size: 1 cup, chopped

Amount Per Serving

Calories 64	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 6mg	0%
Total Carbohydrates 15g	11%
Dietary Fiber 3g	11%
Sugars 7g	
Protein 2g	4%
Potassium 897mg	19%
Vitamin A 0%	Vitamin C 16%
Calcium 4%	Iron 2%

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