

Onions Nutrition Facts

With only 30 calories per serving, onions are sodium, fat, and cholesterol free, and provide dietary fiber, vitamin C, vitamin B6, potassium, and other key nutrients.

	1/2 cup (80 g) chopped raw onion	Percent Daily Values*
Calories	30	
Total Fat	0	0%
Cholesterol	0	0%
Sodium	0	0%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	6%
Sugars	5 g	
Protein	1 g	
Vitamin C	5 mg	9%
Vitamin B6	0.1 mg	5%
Calcium	16 mg	2%
Iron	0.2 mg	1%
Folic Acid	15.2 mcg	4%
Potassium	126 mg	4%
Selenium	0.5 mcg	1%
Zinc	0.2 mg	1%

*Percent of the U.S. Daily Values or U.S. Recommended Dietary Intakes for food labels (Adults and Children 4+ yrs)

Onions for Your Health

Onions not only provide flavor -- they also provide health-promoting phytochemicals as well as nutrients.

Research shows that onions may help guard against many chronic diseases. That's probably because onions contain generous amounts of a flavonoid called quercetin. Other sources are tea and apples, but research shows that absorption of quercetin from onions is twice that from tea and more than three times that from apples. Studies have shown that quercetin protects against cataracts, cardiovascular disease, and cancer.

In addition, onions contain a variety of other naturally occurring chemicals known as organosulfur compounds that have been linked to lowering blood pressure and cholesterol levels.

Onions are low in calories yet add abundant flavor to a wide variety of foods.

"Onions may be among the vegetables that will be prized not only for their addition to our cuisine, but for their value-added health characteristics." - Dr. Irwin Goldman, University of Wisconsin-Madison



Onion Types

Onions can be divided into two categories: **spring/summer fresh onions** and **fall/winter storage onions**.

The thin, light-skinned spring/summer fresh onions (available March - August) are typically sweeter and milder than storage onions because they have a higher water content. Fresh onions are ideal for raw and lightly-cooked dishes.

Storage onions (available August - April) have multiple layers of thick, dark, papery skin and are known for their intense flavor. Storage onions are the best choice for dishes that require longer cooking times or more flavor.

Fresh and storage onions are available in three colors -- yellow, red, and white.

Onion Storage and Handling Tips

When purchasing onions, look for dry outer skins free of spots or blemishes. The onion should be heavy for its size with no scent.

Store your onions in a cool, dry, well-ventilated place. Do not store whole onions in plastic bags.

Trim and cut onions as close to cooking time as possible. Flavor deteriorates and aroma intensifies over time.

Reduce tearing when cutting onions by first chilling the onions for 30 minutes. Cut off the top and peel the outer layers leaving the root end intact. (The root end has the largest concentration of sulphuric compounds that make your eyes tear.)

Remove the smell of onions from your hands or cooking equipment by rubbing them with lemon juice (or salt, if the pots or pans are made of aluminum, cast iron, or carbon-steel).

National Onion Association

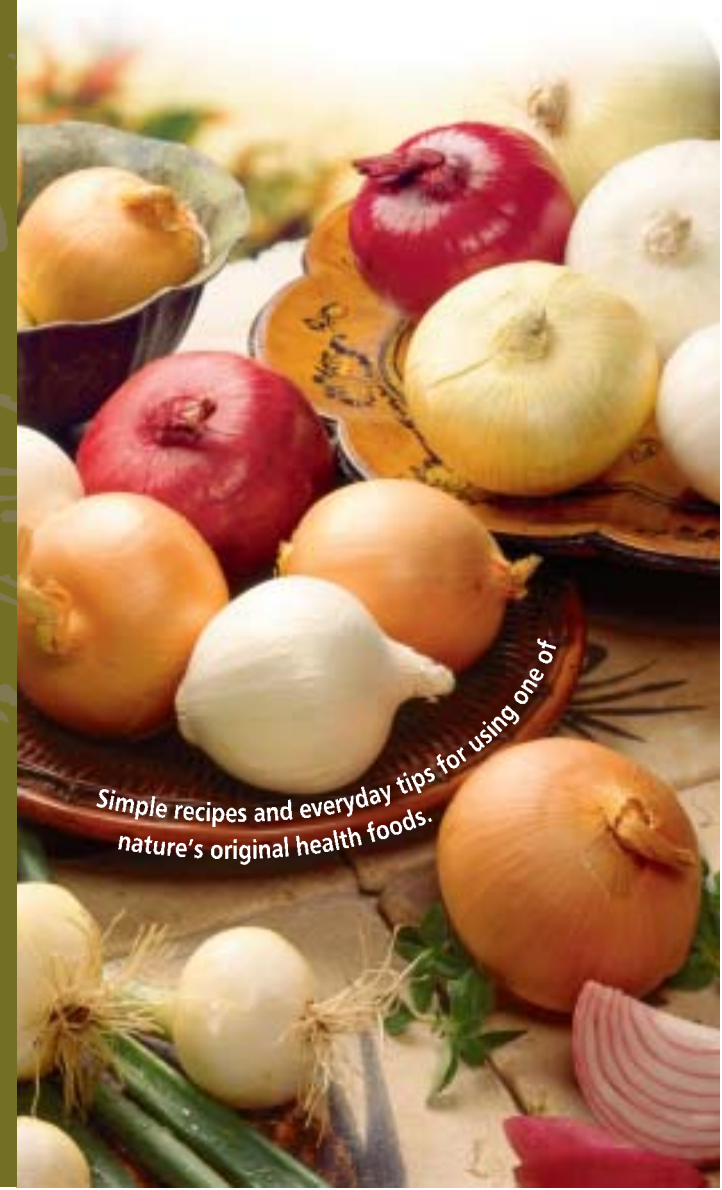
822 7th Street, Suite 510
Greeley, CO 80631
970-353-5895
Fax 970-353-5897
www.onions-usa.org



NATIONAL ONION ASSOCIATION

Onions

for Your Health



Crisp, flavorful onions are one of nature's original health foods. Valued throughout history for their healing powers, these root vegetables add important nutrients, and valuable phytochemicals and antioxidants to your diet. Sliced into salads, simmered in sauces or chopped into salsas, onions are not only good to eat but also good for you.



Caramelized Onions



- 3 pounds yellow onions (6 to 9 onions)
- Cooking spray, as needed
- 1 1/2 tablespoons olive oil
- 1 teaspoon dried thyme, crushed
- 1 teaspoon dried rosemary, crushed
- Salt and pepper, to taste

Halve and slice onions. Coat 12-inch skillet with cooking spray. Over medium heat, sauté onions in oil for 15 to 20 minutes, stirring occasionally, or until soft and light golden. Stir in thyme, rosemary, salt, and pepper. Serve warm or cover and refrigerate for up to 5 days. Makes 12 servings.

Per serving: About 61 cal, 1 g pro, 10 g carb, 2 g fat, 29% cal from fat, 0 mg chol, 3 mg sod, 2 g fiber.

Tip—
High heat makes onions bitter. When sautéing, always use low or medium heat.

Serving Ideas:

Wilted Spinach Salad

Toss crisp fresh spinach leaves with hot caramelized onions, sundried tomatoes and pine nuts. Drizzle with warmed vinaigrette dressing and toss well.

Enchilada Stack with an Attitude

Layer a corn tortilla with black or pinto beans, diced bell pepper, dabs of salsa, grated sharp cheddar cheese and a layer of caramelized onions. Repeat layering then top with a third tortilla. Sprinkle with cheese and bake until hot and melted.

Smothered Sea Bass

Poach sea bass or other firm white fish and serve on a bed of caramelized onions with a scattering of steamed baby carrots and fresh dill sprigs over all.

Hearty Onion-Veggie Sandwich



- 2 packages (3 oz. each) fat-free cream cheese
- 18 slices multi-grain bread
- 1 large (12 oz.) red onion, thinly sliced
- 1 cup sliced cucumbers, marinated in French dressing
- 12 crisp lettuce leaves
- 12 tomato slices
- 6 oz. thinly sliced cheddar cheese
- 1 1/2 cups alfalfa sprouts (optional)

Spread cream cheese evenly over 6 slices of bread. Top with half of the onion slices and all the cucumbers. Stack with lettuce leaves, sliced tomato and a second slice of bread. Lay cheddar over second bread slice, then add sprouts and remaining onions. Top with third slice of bread. Cut sandwiches in half and secure with picks. Makes 6 servings.

Per serving: About 405 cal, 21 g pro, 56 g carb, 12 g fat, 25% cal from fat, 36 mg chol, 858 mg sod, 8g fiber.

Tip—
A large onion weighs about 10 to 12 ounces, a medium onion about 6 to 8 ounces.

Onion-Peach Salsa



- 1/2 cup chopped yellow onion
- 2 cups chopped fresh ripe or thawed frozen peaches
- 3 tablespoons chopped cilantro leaves
- 2 tablespoons chopped jalapeño pepper
- Salt
- Fresh lime juice

Combine ingredients in medium bowl, adding salt and lime juice to taste; cover and refrigerate until serving time. Makes 6 servings.

Per serving: About 30 cal, 1 g pro, 8 g carb, 0 g fat, 2% cal from fat, 0 mg chol, 5 mg sod, 1 g fiber.

Tip—
A serving of onions has just 30 calories.

Onions