



# Onions

Onions can serve as the star in a recipe like onion soup or play a supporting role.



## Nutrition

- Nutritionally, a single medium raw bulb onion contains around 60 calories, 14g carbohydrates, and 3g fiber.
- Onions are a source of vitamins and minerals including folate, vitamin C, potassium, and phosphorus.
- Like many non-starchy veggies, onions are not a significant source of fat, protein, or sodium.



## Price

- Fresh onions average \$1.05 per pound.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



## Shopping

- **Fresh:** Good quality onions (and their family members) will be firm, have deep colors typical for the variety, and without soft, slimy, or discolored spots.
- **Packaged:** Bulb onions, and sometimes green onions, may be sold pre-chopped in stores. Examine the "use-by" or "sell-by" date on the package to check if the product might need to be used soon.
- **Frozen:** Bulb onions may be available pre-chopped in the freezer section of your stores.
- **Dried:** This could include freeze-dried or traditionally dehydrated onion in minced, flaked, or powdered (granulated) form. Onion salt will have sodium.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN





# Onions



## Storage

- **Follow Package Information:** For pre-chopped onions, frozen, dried, and other forms, follow storage guidelines on the package.
- **Room Temperature:** Fresh bulb onions and shallots store well at room temperature. Once cut, refrigerate extras.
- **Refrigerator:** Leeks, green onions, and chives do better stored in the refrigerator.

### STORAGE TIP:

- Add green onions to a glass.
- Fill with water just covering the white bulbs.
- Cover with a zip-top bag and refrigerate.
- Change the water every few days to keep onions crisp, sometimes up to two weeks.



## Preparation

- Onions and other alliums are grown in close contact to soil and it is important to wash before using. Leeks in particular can have soil between its many layers.
- Search Cooperative Extensions at [extension.org/search](https://extension.org/search) for how-to videos on cutting onions, green onions, and leeks.
- **Preserve at Home**
  - Visit the "National Center for Home Food Preservation" at [nchfp.uga.edu](https://nchfp.uga.edu) for instructions on preserving onions at home.



## Eat

- Bulb onions - and other alliums - can be used raw or cooked. Green onions and chives are commonly served raw, but may be lightly cooked.



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN