



## Unpeeled Cipollini Onions

Cipollini Onions are small in size, averaging 3-8 centimeters in diameter, and have petite, saucer-shaped bulbs that are round and slightly flattened. The bulb is covered in a thin, yellow-gold, papery skin that adheres tightly to the flesh. Underneath the skin, the white, almost translucent flesh is firm, juicy, and has many layers of white rings. In their raw state, Cipollini Onions have a mild aroma, are crisp, and are semi-sweet with a pungent flavor, but once cooked, they sweeten and soften into a tender, almost melting, texture.

When added to a dish, onions make it come alive with aromatic undertones. When used raw, they add a punch to salads and salsa. But the real magic takes place when they're cooked: A light sauté or slow roast mellows their pungent, acrid flavors and coaxes out their natural sweetness.



### Nutrition Facts

For a Serving Size of 80 grams (80g)

Calories 35	Calories from Fat 0 (0%)
% Daily Value *	
Total Fat 0g	-
Sodium 0mg	0%
Potassium 115mg	-
Carbohydrates 8g	-
Net carbs 7g	-
Fiber 1g	4%
Glucose 3g	
Protein 1g	
Vitamins and minerals	
Vitamin A 0µg	0%
Vitamin C 0mg	0%
Calcium 20mg	2%
Iron 0mg	0%
Fatty acids	
Amino acids	

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs.



DAIRY FREE



KETO FRIENDLY



LOW FAT\*



LOW SODIUM\*



PALEO FRIENDLY



VEGAN



VEGETARIAN



## Peeled Cipollini Onions

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