



Unpeeled Gold Pearl Onions

Gold Pearl Onions are similar to their white pearl siblings but have slightly rounder, heartier flavor. They can also be creamed, roasted, or grilled, adding a layer of flavor when added to recipe that calls for onion. Also great for pickling.

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 from Fat 0 (0%) |
|-----------------------|--------------------------|
| % Daily Value * | |
| Calories 35 | - |
| 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