



Unpeeled Red Pearl Onions

Red Pearl Onions are small in size, averaging 1-4 centimetres in diameter, and are globular in shape with slightly pointed ends. The petite bulb is covered in a burgundy, thin, papery, parchment that easily flakes off when touched. Underneath the skin, there is a purple sheath, similar to garlic, and the flesh is light purple-white, almost translucent with layers of thin rings. The flesh is firm, juicy, and crisp. Red Pearl Onions are crunchy, sweet, and mildly pungent when fresh and when cooked, they develop a savory, sweet, and slightly less pungent flavor than full-sized onions.

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



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