



Unpeeled White Pearl Onions

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

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 White Pearl Onions

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

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