



**Selection:**

Choose onions that are firm and dry and have bright, smooth outer skins.

**Storage:**

Store whole onions in a cool, dark, well ventilated place for up to 4 weeks. Store cut onions in a tightly sealed container in the refrigerator for up to 3 days.

**Dry Storage:** Up to 4 weeks

**Refrigerator:** Up to 3 days

**Use:**

Chill onions in the refrigerator for 30 minutes to help avoid watery eyes while cutting. Cut off the top of the onion and remove the papery skin. Rinse thoroughly. Onions can be eaten raw or cooked.



**Digital Scale:**  
The number on the screen = Total Weight



**Hanging Scale:**  
The number the arrow is pointing to = Total Weight

**Buying:**

Weigh produce to find out exactly how much it will cost. Place the amount of onions you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

**Total Weight (lbs) x Price = Cost of Onions**

Use this table to find the total cost.

**Example:** What is the total cost for 3 lbs of Onions at \$1.79 per lb? **3 lbs x \$1.79 = \$5.37**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

**Know how. Know now.**

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

## Nutrition:

### 1 medium Onion

Nutrition Facts	
Serving Size 1 medium onion (148g)	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 3g	12%
Sugars 9g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 20%
Calcium 4%	Iron 4%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store.

This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 1 medium onion. All onions are not the same size, but you can use this to estimate the nutrition content for smaller or larger onions.

## Recipe:

### Sweet Onion-Pineapple Salsa

Preparation Time: 30 minutes

Serves 5

Cups of Vegetables per Serving: ½

#### Ingredients:

- ½ cup white onion, chopped
- 2 cups pineapple
- ½ cup red bell pepper, diced
- 1 tablespoon cilantro, chopped
- 1 tablespoon jalapeno, chopped
- 1 tablespoon lime juice

#### Preparation:

- 1.) In a medium bowl, combine all ingredients.
- 2.) Stir gently.
- 3.) Refrigerate for at least 2 hours before serving.

#### Nutrition Information per Serving:

Calories 50, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Carbohydrates 14 g, Dietary Fiber 2 g, Protein 1g.

