



# Chinese Gansu Yellow Round Natural Fresh Onion Health Benefits , 5 - 9cm , Non-Peeled, Onion brassy to pale yellow

## Specifications :

Price	US \$200 - 1,000 / Metric Ton
Brand Name	Onion
Model Number	O1104
Place of Origin	Shandong China (Mainland)
Min.Order Quantity	1 Carton
Payment Terms	T/T with 30% before production, 70% balance before delivery; L/C
Supply Ability	Supply four seasons; 280 Metric Ton/ Metric Tons per Month
Delivery Detail	around 7 days after receipt of 30% deposit
Packaging Details	5kg/7kg/10kg/12kg/15kg/20kg mesh bag
Style	Fresh
Product Type	Liliaceous Vegetables
Type	Onion
Part	Non-Peeled
Shape	Round
Color	yellow

## Detail Introduction :

**Chinese Gansu Yellow Round Natural Fresh Onion Health Benefits , 5 - 9cm , Non-Peeled, Onion brassy to pale yellow**

### Quick Detail:

Product Type: Liliaceous Vegetableness, liliaceous vegetableness

Type: Onion

Style: Fresh, fresh

Cultivation Type: Common

Part: Non-Peeled

Shape: Round

Maturity: 90%

Size (cm): 7



Certification: HACCP  
Weight (kg): 20  
Place of Origin: Shandong China (Mainland)  
Brand Name: FED (Fresh Every Day)  
Model Number: O1104  
Origin: local production  
Color: red, yellow, white  
Advantage: intergrating process, store ad export in a body

### **Description:**

Gansu onion exporters wholesale yellow fresh onion in 20kg mesh bag Gansu round shape yellow onion(5-7cm, 7-9cm)

- 1) HS. Code: 07031010
- 2) Variety: Shandong Red onion
- 3) Size: 2-3cm, 3-5cm, 5-7cm, 7-9cm and so on
- 4) Shape: flate and round
- 5) Supplier time: all the year round
- 6) Package: 5kg/7kg/10kg/12kg/15kg/20kg mesh bag
- 7) Storing: temperature: +2'C
- 8) Moisture: 65%
- 9) Ventilation: 15CBM/H
- 10) Rich experience of profession exportation ensures us to deal the whole situation enficiantly and with high quality.
- 11) Inspection Certificate: Certificate of Origin, Phytosanitary Certificate and Inspection Certificate of Quantity

In the autumn the leaves die back and the outer scales of the bulb become dry and brittle, and this is the time at which the crop is normally harvested. If left in the soil over winter, the growing point in the middle of the bulb begins to develop in the spring. New leaves appear and a long, stout, hollow stem expands, topped by a bract protecting a developing inflorescence. The flower-head takes the form of a globular umbel of white flowers with parts in sixes. The seeds are glossy black and triangular in cross section.

### **Onion types and products**

Common onions are normally available in three colours: yellow, red, and white. Yellow onions, also called brown onions, are full-flavoured and are the onions of choice for everyday use. Yellow onions turn a rich, dark brown when caramelized and give French onion soup its sweet flavour. The red onion is a good choice for fresh use when its colour livens up the dish. It is also used in grilling and char-broiling. White onions are the traditional onions that are used in classic Mexican cuisine. They have a golden colour when cooked and a particularly sweet flavour when sautéed.

While the large mature onion bulb is the onion most often eaten, onions can be eaten at immature stages. Young plants may be harvested before bulbing occurs and used whole as scallions. When an onion is harvested after bulbing has begun but the onion is not yet mature, the plants are sometimes referred to as summer onions. Additionally, onions may be bred and grown to mature at smaller sizes. Depending on the mature size and the purpose for which the onion is used, these may be referred to as pearl, boiler, or pickler onions, but differ from true pearl onions which are a different species. Pearl and boiler onions may be cooked as a vegetable rather than as an ingredient and pickler onions are often preserved in vinegar as a long-lasting relish.



Onions are available in fresh, frozen, canned, caramelized, pickled and chopped forms. The dehydrated product is available as kibbled, sliced, rings, minced, chopped, granulated and powder forms. Onion powder is a spice widely used when the fresh ingredient is not available. It is made from finely ground, dehydrated onions, mainly the pungent varieties of bulb onions, and has a strong odour. Being dehydrated, it has a long shelf life and comes in several varieties: white, yellow and red.

## Nutrition and health

Most onion cultivars are about 89% water, 4% sugar, 1% protein, 2% fibre and 0.1% fat. They contain vitamin C, vitamin B6, folic acid and numerous other nutrients in small amounts. They are low in fats and in sodium, and with an energy value of 166kJ (40 kcal) per 100 g (3.5 oz) serving, they can contribute their flavour to savoury dishes without raising caloric content appreciably.

Onions contain chemical compounds such as phenolics and flavonoids that basic research shows to have potential anti-inflammatory, anti-cholesterol, anticancer and antioxidant properties.[medical citation needed] These include quercetin and its glycosides quercetin 3,4'-diglucoside and quercetin-4'-glucoside. There are considerable differences between different varieties in potential antioxidant content. Shallots have the highest level, six times the amount found in Vidalia onions, the variety with the smallest amount.

Some people suffer from allergic reactions after handling onions. Symptoms can include contact dermatitis, intense itching, rhinoconjunctivitis, blurred vision, bronchial asthma, sweating and anaphylaxis. There may be no allergic reaction in these individuals to the consumption of onions, perhaps because of the denaturing of the proteins involved during the cooking process.

While onions and other members of the genus *Allium* are commonly consumed by humans, they can be deadly for dogs, cats, guinea pigs, monkeys and other animals. The toxicity is caused by the sulfoxides present in raw and cooked onions which many animals are unable to digest. Ingestion results in anaemia caused by the distortion and rupture of red blood cells. Sick pets are sometimes fed with tinned baby foods and any that contain onion should be avoided. Nor is it good for pets to be fed onion-containing leftovers such as pizza, canned spaghetti, Chinese dishes and onion rings. The typical toxic doses are 5 g (0.2 oz) per kg (2.2 lb) bodyweight for cats and 15 to 30 g (0.5 to 1.1 oz) per kg for dogs.

In India, some sects do not eat onions as they believe them to be an aphrodisiac. Various schools of Buddhism also advise against the consumption of onions and garlic because they increase desire when eaten cooked and anger when eaten raw.

## Health benefits of Onions

Onions are very low in calories (just 40 calories per 100 g) and fats; however, rich in soluble dietary fiber.

Phyto-chemical compounds **allium** and **Allyl disulphide** in the onion convert to **allicin** by enzymatic reaction when its modified leaves are distorted (crushing, cutting, etc.). Studies have shown that these compounds have anti-mutagenic (protects from cancers) and anti-diabetic properties (helps lower blood sugar levels in diabetics).

Laboratory studies show that **allicin** reduces cholesterol production by inhibiting the *HMG-CoA reductase* enzyme in the liver cells. Further, it also found to have anti-bacterial, anti-viral, and anti-fungal activities.

In addition, **Allicin** also decreases blood vessel stiffness by releasing nitric oxide (NO) and thereby bring a reduction in the total blood pressure. Further, it blocks platelet-clot formation and has fibrinolytic action in the blood vessels. Altogether, it helps decrease an overall risk of coronary artery disease (CAD), peripheral vascular diseases (PVD), and stroke.

Onions are rich source of **chromium**, the trace mineral that helps tissue cells respond appropriately to insulin levels in the blood. It thus helps facilitate insulin action and control sugar levels in diabetes.

They are an also good source of antioxidant flavonoid **quercetin**, which is found to have anti-carcinogenic, anti-inflammatory, and anti-diabetic functions.

They are also good in antioxidant vitamin, vitamin-C and mineral manganese. Manganese is required as a co-factor for anti-oxidant enzyme, *superoxide dismutase*. In addition, *isothiocyanate* anti-oxidants in them help provide relief from cold and flu by exerting anti-inflammatory actions.



Onions are also good in B-complex group of vitamins like pantothenic acid, **pyridoxine**, folates and thiamin. **Pyridoxine** or vitamin B-6 helps keep up GABA levels in the brain, which works against neurotic conditions.

### Selection and storage

Raw onions are readily available during all the seasons. Depending on the variety, they can be sharp, spicy, tangy and pungent or mild and sweet. In the store, they are available in fresh, frozen, canned, pickled, powdered, and dehydrated forms.

While buying, look for fresh ones that are clean, well shaped, have no opening at the neck and feature crispy, and dry outer skins. Avoid those that show sprouting or have signs of black mold (a kind of fungal attack) as they indicate that the stock is old. In addition, poor-quality bulbs often have soft spots, moisture at their neck, and dark patches, which may all be indications of decay.

At home, store them in cool dark place away from moisture and humid conditions where they keep fresh for several days. They can also keep well in the refrigerator; however, you should use them immediately once you remove from the refrigerator since they tend to spoil if they kept at room temperature for a while.

Raw Onions	
Nutritional value per 100 g (3.5 oz)	
Energy	166 kJ (40 kcal)
Carbohydrates	9.34 g
- Sugars	4.24 g
- Dietary fiber	1.7 g
Fat	0.1 g
Protein	1.1 g
Water	89.11 g
Thiamine (vit. B1)	0.046 mg (4%)
Riboflavin (vit. B2)	0.027 mg (2%)
Niacin (vit. B3)	0.116 mg (1%)
Pantothenic acid (B5)	0.123 mg (2%)
Vitamin B6	0.12 mg (9%)
Folate (vit. B9)	19 ?g (5%)
Vitamin C	7.4 mg (9%)
Calcium	23 mg (2%)
Iron	0.21 mg (2%)
Magnesium	10 mg (3%)



Manganese	0.129 mg (6%)
Phosphorus	29 mg (4%)
Potassium	146 mg (3%)
Zinc	0.17 mg (2%)
Fluoride	1.1 µg

See the table below for in depth analysis of nutrients:  
Onion (*Allium cepa*), raw,  
Nutrition value per 100 g.

Principle	Nutrient Value	Percentage of RDA
Energy	40 Kcal	2%
Carbohydrates	9.34 g	7%
Protein	1.10 g	2%
Total Fat	0.10 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	1.7 g	4.5%
<b>Vitamins</b>		
Folates	19 µg	5%
Niacin	0.116 mg	1%
Pantothenic acid	0.123 mg	2.5%
Pyridoxine	0.120 mg	9%
Riboflavin	0.027 mg	2%
Thiamin	0.046 mg	4%
Vitamin A	2 IU	0%
Vitamin C	7.4 mg	12%
Vitamin E	0.02 mg	0%
<b>Electrolytes</b>		
Sodium	4 mg	0%
Potassium	146 mg	3%
<b>Minerals</b>		
Calcium	23 mg	2%



Copper	0.039 mg	4%
Iron	0.0.21 mg	3%
Magnesium	10 mg	2.5%
Manganese	0.129 mg	5.5%
Phosphorus	29 mg	4%
Zinc	0.17 mg	1.5%
<b>Phyto-nutrients</b>		
Carotene-beta	1 µg	--
Cryptoxanthin-beta	0 µg	--
Lutein-zeaxanthin	4 µg	--

## Eye irritation

Chopping an onion causes damage to cells which allows enzymes called alliinases to break down amino acid sulfoxides and generate sulfenic acids. A specific sulfenic acid, 1-propenesulfenic acid, is rapidly acted on by a second enzyme, the lachrymatory factor synthase (LFS), giving syn-propanethial-S-oxide, a volatile gas known as the onion lachrymatory factor or LF. This gas diffuses through the air and soon reaches the eye, where it activates sensory neurons, creating a stinging sensation. Tear glands produce tears in order to dilute and flush out the irritant.

Eye irritation can be avoided by cutting onions under running water or submerged in a basin of water. Leaving the root end intact also reduces irritation as the onion base has a higher concentration of sulphur compounds than the rest of the bulb. Refrigerating the onions before use reduces the enzyme reaction rate and using a fan can blow the gas away from the eyes. The more often one chops onions, the less one experiences eye irritation.

The amount of sulfenic acids and LF released and the irritation effect differs among *Allium* species. In 2008, the New Zealand Crop and Food institute created a strain of "no tears" onions by using gene-silencing biotechnology to prevent synthesis by the onions of the LFS enzyme.

## Storage in the home

Cooking onions and sweet onions are better stored at room temperature, optimally in a single layer, in mesh bag in a dry, cool, dark, well-ventilated location. In this environment, cooking onions have a shelf life of three to four weeks and sweet onions one to two weeks. Cooking onions will absorb odours from apples and pears. Also, they draw moisture from vegetables with which they are stored which may cause them to decay.

Sweet onions have a greater water and sugar content than cooking onions. This makes them sweeter and milder tasting but reduces their shelf life. Sweet onions can be stored refrigerated; they have a shelf life of approximately one month. Irrespective of type, any cut pieces of onion are best tightly wrapped, stored away from other produce, and used within two to three days.

Features



Size	2-3cm, 3-5cm, 5-7cm, 7-9cm, 9-11cm
Name	Chinese Gansu Yellow Round Natural Fresh Onion Health Benefits , 5 - 9cm , Non-Peeled, Onion brassy to pale yellow
Plant soil conditions	neutral loam, fertile soil
Plant air conditions	good atmospheric environment(away from the "three wastes" emissions enterprise)
Seeding time	In September
Harvest Time	In April
Forms and flavors	full round, and taste spicy
Supply Period	All the year round. a) Fresh onion: late April to August b) Cold storing onion: August to the next March
Transporting and Storing Conditions	a)Temperature: 0 - 3°C b)Humidity: ?70%(64% is the most appropriate) c)Ventilation: Keep-well ventilated
Quality	With hypertrophic and compact flake, glossy skin, no mechanical injury, leaves and peculiar smell, mud, no rot and bolting, no diseases and pests, with less water content and spicy or sweet taste
Shelf Life	9 months under proper condition
Packing	
Loose packing	5kg/7kg/10kg/12kg/15kg/20kg mesh bag
Small packing	10kg/ctn
Customized packing	according to clients' requirements
Price	
Logo	As client's requirement
MOQ	1×20'FCL
Price Term	FOB Qingdao, CNF,CIF
Payment Term	T/T with 30% before production, 70% balance before delivery; L/C
Quotation	Base on garlic' type, size, packing, quantity



Swift	Bank of China (BOC)
Conveyance	1x40'FCL 26-30MT
Note	
Advantages	1)We have our own factory & guarantee the quality 2)We have enough supply ability 3)We can supply more competitive price and service 4)Together with the professional production team, strict quality control system, above factors ensure products safer, healthier, and with high quality. 5)Onion is local product, moreover, reprocessed and storage by our own plant.
Market	North America, South America, Eastern Europe, Southeast Asia, Africa, Oceania, Mid East, Eastern Asia, Western Europe, Central America, Northern Europe, Southern Europe, South Asia, Domestic Market

## Applications:

### Culinary uses

Onions are often chopped and used as an ingredient in various hearty warm dishes, and may also be used as a main ingredient in their own right, for example in French onion soup or onion chutney. They are very versatile and can be baked, boiled, braised, fried, roasted, sautéed or eaten raw in salads. Onions are also used as a thickening agent for curries providing bulk. Onions pickled in vinegar are eaten as a snack. These are often served as a side serving in pubs and fish and chip shops throughout the United Kingdom and Australia, often served with cheese and/or ale in the United Kingdom. In North America, sliced onions are battered and deep fried and served as onion rings.

### Preparation and serving methods





Trim the ends using a sharp knife. Then peel the outer 2-3 layers of skin until you find fresh thick pinkish-white whorls. You can slice or cut them into fine cubes depending upon the recipe type. Top greens and flower heads are also edible. Spring onions or *scallions* are favored in fast food preparations.

### **Here are some serving tips:**

They are used either chopped or sliced, in almost every type of food, including fresh salads, or as a spicy garnish. In India and Pakistan, onions are one of the most sought-after ingredients in cooking where they are used in curries, stir-fries, soups, stuffing, pastes, sauces, etc., everyday.

They are one of the common ingredients in the Chinese "chowmein" (a kind of recipe with chopped onions, scallions, cabbage, sweet bell peppers, chili and tomato sauce mixture).

They are used extensively in Mediterranean and continental cooking in salads, cheese pizza, burger, soup, tart, rolls, stuffing...etc.

### **Safety profile**

Raw onions can cause irritation to skin, mucus membranes and eyes. This is due to release of *allyl*