

Memon International – Onion Varieties Catalogue

Red Onion

Color: Red to Purple

Pungency: Medium-strong

Size: Medium-Large (2.5 - 4 inches)

Best Used For: Curries, raw use, exports

Notable Features: Most widely cultivated and exported

Health Benefits: Rich in antioxidants, supports heart health

Yellow Onion

Color: Pale Yellow

Pungency: Strong

Size: Medium-Large (2.5 - 4 inches)

Best Used For: Western cuisines, processing

Notable Features: High in sulfur compounds, long shelf life

Health Benefits: Boosts immunity, helps regulate blood sugar

White Onion

Color: White

Pungency: Mild-sweet

Size: Small-Medium (1.5 - 2.5 inches)

Best Used For: Salads, pickles

Notable Features: Thin-skinned, sweeter and less pungent

Health Benefits: Anti-inflammatory, supports digestion

Small Onion (Shallots)

Color: Pink

Pungency: Strong

Size: Small (1 - 1.5 inches)

Best Used For: Pickles, curries

Notable Features: Rich flavor, mostly used in South India

Health Benefits: High in flavonoids, supports immunity

Pink Onion

Color: Light Pink

Pungency: Mild

Size: Medium (2 - 3 inches)

Best Used For: Local consumption, curries

Notable Features: Shorter shelf life, not ideal for exports

Health Benefits: Contains quercetin, helps lower cholesterol

Hybrid Onion

Color: Red/White

Pungency: Mild-strong

Size: Uniform Medium (2 - 3 inches)

Best Used For: Export, processing

Notable Features: Disease-resistant, long shelf life

Health Benefits: Nutrient-rich, helps reduce inflammation