

Onion Powder vs Onion Salt (vsdiff.com)

Attribute	Onion Powder	Onion Salt
Primary composition	Dehydrated, ground onion	Blend of onion powder and salt (typically NaCl)
Flavor profile	<i>Concentrated onion umami, variable intensity</i>	<i>Milder onion note masked/rounded by salt</i>
Sodium	Low (naturally occurring only)	High (depends on blend; often 30-60% salt by weight)
Typical culinary uses	Dry rubs, sauces, sauces , baking where salt is controlled	Seasoning for snacking , quick seasoning, where extra salt is acceptable
Substitution notes	Can substitute for onion salt (add salt separately)	Not ideal if you need salt control
Shelf life	Approx. 1-3 years (dry storage)	Approx. 1-2 years (salt can stabilize but clumping may occur)
Cost	Generally <i>moderate</i> —pure ingredient	Often cheaper per volume because of added salt

Source: <https://vsdiff.com/onion-powder-vs-onion-salt/>