



## Barbecue-Flavored Onion Rings



Vegetarian



Dairy Free

READY IN



29 min.

SERVINGS



6

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1.5 cups breadcrumbs dry divided
- ☐ 2 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 1 pound vidalia sweet separated cut into (1/4-inch-thick) slices and into rings ( 2 large)

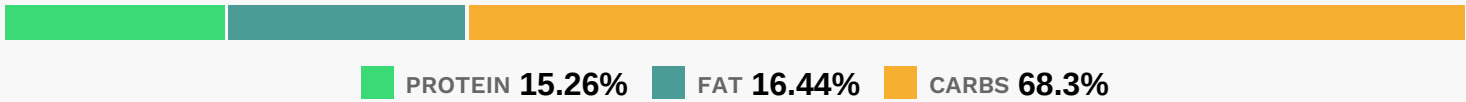
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

## Directions

- ☐ Preheat oven to 45
- ☐ Combine flour, sugar, chili powder, cumin, salt, paprika, allspice, and eggs in a large bowl. Dip onion rings in flour mixture.
- ☐ Place half of onion rings in a zip-top plastic bag; add 3/4 cup breadcrumbs, shaking bag to coat onion rings. Repeat procedure with remaining onion rings and remaining 3/4 cup breadcrumbs.
- ☐ Arrange onion rings in a single layer on 2 baking sheets coated with cooking spray. Lightly coat onion rings with cooking spray.
- ☐ Bake at 450 for 5 minutes. Rotate pans on racks; bake 5 minutes. Turn onion rings over; lightly coat with cooking spray and bake 5 minutes. Rotate pans and bake 5 minutes or until crisp.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:30.02, Glycemic Load:3.48, Inflammation Score:-5, Nutrition Score:8.5834783056508%

## Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.86mg, Myricetin:

0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 178.9kcal (8.95%), Fat: 3.27g (5.03%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 28.36g (10.31%), Sugar: 7.59g (8.43%), Cholesterol: 62mg (20.67%), Sodium: 330.55mg (14.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin B1: 0.33mg (22.12%), Selenium: 13.68µg (19.54%), Manganese: 0.36mg (17.9%), Folate: 61.21µg (15.3%), Vitamin B2: 0.23mg (13.25%), Iron: 2.29mg (12.71%), Vitamin B3: 2.2mg (10.99%), Phosphorus: 105.29mg (10.53%), Fiber: 2.22g (8.9%), Vitamin B6: 0.17mg (8.66%), Calcium: 79.64mg (7.96%), Copper: 0.14mg (6.83%), Magnesium: 23.37mg (5.84%), Vitamin A: 276.36IU (5.53%), Potassium: 187.09mg (5.35%), Zinc: 0.77mg (5.13%), Vitamin B5: 0.5mg (5.02%), Vitamin C: 3.69mg (4.47%), Vitamin B12: 0.24µg (4.05%), Vitamin E: 0.4mg (2.67%), Vitamin K: 2.57µg (2.45%), Vitamin D: 0.33µg (2.22%)