



Beer-Batter Onion Rings

 Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

920 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beer
- ☐ 4 tablespoons butter melted
- ☐ 2 eggs separated
- ☐ 3 cups flour all-purpose
- ☐ 2 quarts oil for frying
- ☐ 3 large onions sliced into rings
- ☐ 6 servings salt to taste

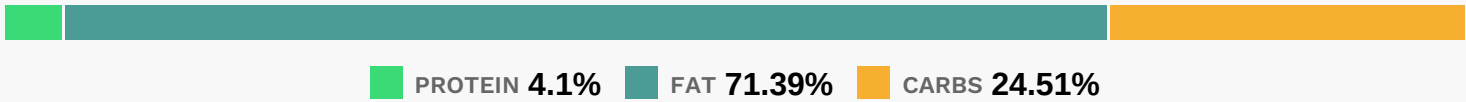
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ deep fryer

Directions

- ☐ Sift flour into a large bowl. In another large bowl, whisk egg yolks.
- ☐ Mix in beer, butter and salt. Set aside 1 cup of flour for dipping the onion rings. Slowly stir the egg yolk mixture into the remaining flour and mix well. Allow the mixture to stand 30 to 60 minutes.
- ☐ Heat deep fryer to 375 degrees F (190 degrees C).
- ☐ In a small bowl, stiffly beat the egg whites. Gently combine the egg whites with the batter.
- ☐ Coat each onion ring with flour and dip into batter.
- ☐ Deep fry the battered rings, several at a time, until golden brown.
- ☐ Drain on paper towels and serve.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:36.62, Inflammation Score:-8, Nutrition Score:17.453478388164%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 920.02kcal (46%), Fat: 72.74g (111.91%), Saturated Fat: 10.03g (62.68%), Carbohydrates: 56.21g (18.74%), Net Carbohydrates: 53.24g (19.36%), Sugar: 3.41g (3.79%), Cholesterol: 74.63mg (24.88%), Sodium: 280.45mg

(12.19%), Alcohol: 1.53g (100%), Alcohol %: 0.38% (100%), Protein: 9.39g (18.78%), Vitamin E: 11.46mg (76.43%), Vitamin K: 46.17µg (43.97%), Selenium: 26.4µg (37.71%), Vitamin B1: 0.53mg (35.56%), Folate: 138.16µg (34.54%), Manganese: 0.53mg (26.54%), Vitamin B2: 0.41mg (24.06%), Vitamin B3: 3.99mg (19.97%), Iron: 3.33mg (18.48%), Phosphorus: 126.04mg (12.6%), Fiber: 2.96g (11.85%), Vitamin B6: 0.16mg (8.04%), Vitamin C: 5.55mg (6.73%), Copper: 0.13mg (6.6%), Magnesium: 25.56mg (6.39%), Vitamin A: 313.94IU (6.28%), Vitamin B5: 0.62mg (6.17%), Potassium: 209.51mg (5.99%), Zinc: 0.77mg (5.11%), Calcium: 38.77mg (3.88%), Vitamin B12: 0.15µg (2.57%), Vitamin D: 0.29µg (1.96%)