



Beer-battered "Fried" Onion Rings

 Vegetarian

READY IN



26 min.

SERVINGS



3

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup beer light
- ☐ 0.3 cup buttermilk low-fat
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion sweet

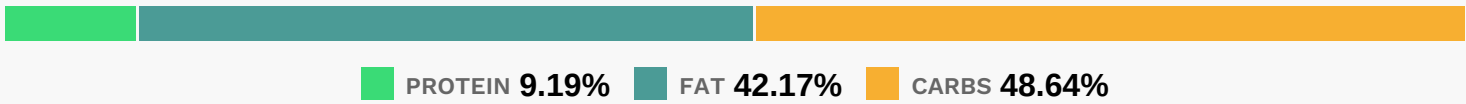
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Cut onion into 1/4-inch-thick slices, and separate into rings. Select largest 12 rings, reserving remaining onion slices for another use.
- ☐ Whisk together buttermilk, beer, and egg white in a small bowl until blended.
- ☐ Dredge onion rings in flour; dip into buttermilk mixture, coating well. Dredge again in flour, and place on a baking sheet.
- ☐ Heat 2 tsp. oil in a 10-inch skillet over medium-high heat. Tilt pan to coat bottom of skillet.
- ☐ Add 4 onion rings to skillet, and cook 1 minute on each side or until golden. Wipe skillet clean. Repeat procedure twice with remaining onion rings and oil.
- ☐ Place fried onion rings on an aluminum foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 for 3 minutes. Turn onion rings, and bake 3 more minutes.
- ☐ Remove from oven, and sprinkle with salt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:11.5, Inflammation Score:-6, Nutrition Score:6.7008695349745%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.26mg, Kaempferol: 1.26mg,

Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg
Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Nutrients (% of daily need)

Calories: 212.55kcal (10.63%), Fat: 9.86g (15.16%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 25.58g (8.53%),
Net Carbohydrates: 24.03g (8.74%), Sugar: 6.64g (7.38%), Cholesterol: 0.8mg (0.27%), Sodium: 444mg (19.3%),
Alcohol: 0.61g (100%), Alcohol %: 0.4% (100%), Protein: 4.83g (9.67%), Folate: 66.08µg (16.52%), Vitamin B1:
0.22mg (14.46%), Selenium: 10.09µg (14.42%), Vitamin B2: 0.2mg (11.92%), Manganese: 0.23mg (11.48%), Vitamin E:
1.39mg (9.26%), Vitamin B6: 0.17mg (8.33%), Iron: 1.33mg (7.41%), Phosphorus: 73.95mg (7.39%), Vitamin B3:
1.48mg (7.38%), Vitamin C: 5.5mg (6.66%), Fiber: 1.56g (6.22%), Potassium: 204.39mg (5.84%), Vitamin K: 6.03µg
(5.74%), Calcium: 50.21mg (5.02%), Copper: 0.1mg (4.89%), Magnesium: 18.81mg (4.7%), Vitamin B5: 0.28mg
(2.79%), Zinc: 0.38mg (2.53%)