



## Beer Battered Onion Rings

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup beer
- 2 teaspoons parsley dried
- 1 eggs beaten
- 2 cups flour all-purpose
- 2 teaspoons garlic powder
- 1 cup oil for frying
- 3 large onions sliced into rings
- 2 teaspoons oregano dried

6 servings salt and pepper to taste

## Equipment

bowl

frying pan

paper towels

## Directions

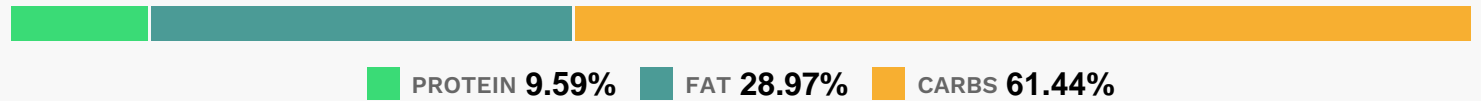
In a shallow bowl combine flour, egg, parsley, garlic powder, oregano, salt and pepper. Gradually add beer, stirring, until a thick batter forms.

Add more or less beer depending on the desired consistency of the batter.

In a heavy frying pan heat oil (adjust amount, depending on the size of your pan, so that you have a couple of inches of oil) over medium-high heat. When oil is hot, dip onions in batter and fry, turning once to brown evenly on both sides.

Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:25.42, Glycemic Load:25.16, Inflammation Score:-8, Nutrition Score:9.8873913080796%

## 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: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.87mg, Isorhamnetin: 3.87mg, Isorhamnetin: 3.87mg 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, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 280.25kcal (14.01%), Fat: 8.69g (13.36%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 38.67g (14.06%), Sugar: 3.37g (3.75%), Cholesterol: 27.28mg (9.09%), Sodium: 210.53mg

(9.15%), Alcohol: 1.53g (100%), Alcohol %: 0.96% (100%), Protein: 6.47g (12.94%), Vitamin B1: 0.37mg (24.81%), Selenium: 17.26µg (24.66%), Folate: 98.42µg (24.6%), Manganese: 0.43mg (21.65%), Vitamin B2: 0.28mg (16.19%), Iron: 2.54mg (14.1%), Vitamin B3: 2.8mg (13.98%), Fiber: 2.78g (11.13%), Vitamin E: 1.56mg (10.37%), Vitamin K: 10.37µg (9.88%), Phosphorus: 92.05mg (9.2%), Vitamin B6: 0.16mg (8.13%), Vitamin C: 5.62mg (6.81%), Magnesium: 22.61mg (5.65%), Potassium: 196.09mg (5.6%), Copper: 0.11mg (5.32%), Vitamin B5: 0.42mg (4.17%), Calcium: 41.12mg (4.11%), Zinc: 0.57mg (3.79%), Vitamin B12: 0.07µg (1.22%), Vitamin A: 53.09IU (1.06%)