

STARTER & SNACK

Beer Battered Onion Rings

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	10 min	70 min	8	\$1.92	592 kcal



Beer Battered Onion Rings is a hor d'oeuvre that serves 8. One serving contains 592 calories, 8g of protein, and 46g of fat. For \$1.92 per serving, this recipe covers 13% of your daily requirements of vitamins and minerals. 12 people found this recipe to be flavorful and satisfying.

Ingredients

- | | |
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| ☐ 12 ounces beer, medium body | ☐ 2 cups buttermilk |
| ☐ 2 yellow onions, sweeter the better, Vidalia or Texas sweets | ☐ 2 cups all-purpose flour, divided |
| ☐ 1 tablespoon garlic, minced | ☐ 1 teaspoon garlic, granulated |
| ☐ 1 tablespoon lime juice | ☐ ¾ cup mayonnaise |
| ☐ 3 tablespoons grated Parmesan | ☐ 4 cups canola oil or peanut oil |
| ☐ 1½ teaspoons pepper, fresh cracked | ☐ ¼ cup red bell peppers, roasted |

☐ 2 teaspoons salt

☐ 1 cup sour cream

☐ 3 tablespoons sun-dried tomatoes

☐ 3 tablespoons white wine

EQUIPMENT Food processor, Bowl, Paper towels, Dutch oven

Method

- 1 Watch how to make this recipe.
- 2 In a Dutch oven heat oil to 350 degrees F.
- 3 In a food processor combine sour cream, mayonnaise, sun-dried tomatoes, red bell peppers, lime juice, 1/2 teaspoon pepper, 1 teaspoon salt, white wine and minced garlic, cover and refrigerate for 1 hour.
- 4 Cut onions 1/2-inch thick, remove dark exterior of onions, separate into rings and soak in buttermilk for 1 hour.
- 5 Combine 1 cup of flour, remaining salt, pepper, and garlic, mix thoroughly. In a medium bowl combine beer and 1 cup of flour, mix thoroughly.
- 6 Remove onion rings from buttermilk, shake off excess, dredge in flour, shake off excess, then dip in beer batter. Drop some onion rings in oil and continue process, being sure not to crowd rings as they will stick together. When golden, remove and let drain on paper towels.
- 7 Garnish with Parmesan.

Nutrition per serving

592

KCAL

8 g

PROTEIN

46 g

FAT

35 g

CARBS

Saturated Fat	10.5 g · 66% of daily needs
Fibre	1.8 g · 7% of daily needs
Sugar	6.3 g · 7% of daily needs
Sodium	823 mg · 36% of daily needs
Cholesterol	33.7 mg · 11% of daily needs
Vitamin C	10 mg · 12% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/beer-battered-onion-rings-148608