



Beer-Battered Onion Rings



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup flat beer
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large egg white lightly beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup catsup
- ☐ 1.5 pounds onions peeled
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 teaspoon salt

☐ 1.5 tablespoons vegetable oil divided

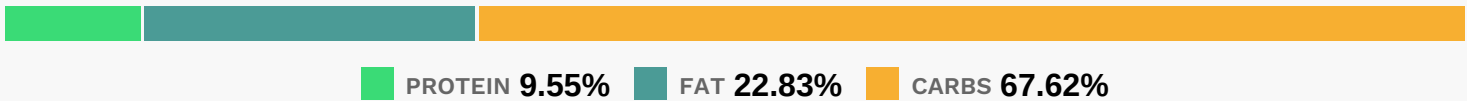
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Cut the onion crosswise into 3/4-inch-thick slices, and separate into rings. Use 16 of the largest rings; reserve remaining onion for another use. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, salt, paprika, and pepper in a medium bowl. Stir in beer and egg white (batter will be thick).
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Dip 5 onion rings in batter, letting excess drip off.
- ☐ Add onion rings to pan; cook for 2 minutes on each side or until golden.
- ☐ Place the onion rings on a jelly-roll pan. Repeat procedure of dipping onion rings in batter and cooking in remaining oil, ending with 6 rings. Coat the onion rings with cooking spray.
- ☐ Bake at 400 for 10 minutes or until crisp.
- ☐ Serve rings with ketchup.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:15.31, Inflammation Score:-7, Nutrition Score:8.7021739042324%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.66mg, Quercetin: 34.66mg, Quercetin: 34.66mg, Quercetin: 34.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 217.52kcal (10.88%), Fat: 5.52g (8.5%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 33.23g (12.08%), Sugar: 10.54g (11.71%), Cholesterol: 0mg (0%), Sodium: 448.55mg (19.5%), Alcohol: 0.77g (100%), Alcohol %: 0.41% (100%), Protein: 5.2g (10.4%), Manganese: 0.4mg (19.88%), Folate: 73.39µg (18.35%), Vitamin B1: 0.25mg (16.35%), Vitamin C: 13.2mg (16%), Fiber: 3.57g (14.3%), Selenium: 9.8µg (14%), Vitamin B2: 0.22mg (12.74%), Vitamin B6: 0.25mg (12.47%), Vitamin K: 10.88µg (10.36%), Potassium: 336.11mg (9.6%), Vitamin B3: 1.77mg (8.83%), Phosphorus: 80.31mg (8.03%), Iron: 1.43mg (7.94%), Magnesium: 26.07mg (6.52%), Copper: 0.11mg (5.74%), Vitamin E: 0.72mg (4.8%), Calcium: 46.88mg (4.69%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.47mg (3.15%), Vitamin A: 142.6IU (2.85%)