



Best Ever Onion Rings

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 2 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 2 teaspoons onion salt
- 4 large onion peeled sliced into rings
- 1 quart vegetable oil for frying

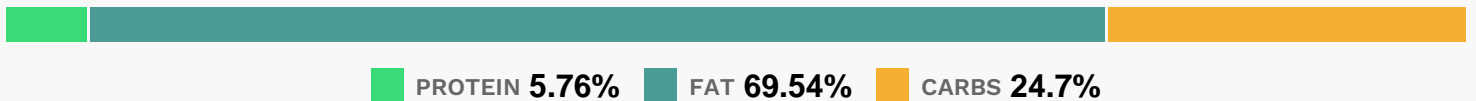
Equipment

- bowl
- paper towels
- sauce pan
- whisk
- kitchen thermometer
- slotted spoon
- deep fryer

Directions

- Whisk together eggs, milk, flour, baking powder, and onion salt in a bowl to make a smooth batter.
- Heat the oil in a large saucepan or deep fryer until a thermometer reads 350 degrees F (175 degrees C).
- Dip the onion rings evenly into the batter, then fry in the oil for 2 to 3 minutes, working in batches if necessary, until the onion rings are golden brown. With a slotted spoon, remove the onion rings to paper towels to drain.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:10.97, Inflammation Score:-6, Nutrition Score:8.7534782368204%

Flavonoids

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, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 330.58kcal (16.53%), Fat: 25.91g (39.86%), Saturated Fat: 4.58g (28.6%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 19.01g (6.91%), Sugar: 4.73g (5.26%), Cholesterol: 44.58mg (14.86%), Sodium: 717.89mg

(31.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Vitamin K: 43.98µg (41.89%), Vitamin E: 2.09mg (13.94%), Selenium: 9.63µg (13.76%), Calcium: 122.39mg (12.24%), Folate: 48.01µg (12%), Vitamin B1: 0.18mg (11.91%), Phosphorus: 113.12mg (11.31%), Vitamin B2: 0.19mg (11.16%), Manganese: 0.21mg (10.46%), Fiber: 1.7g (6.8%), Vitamin C: 5.55mg (6.73%), Vitamin B6: 0.13mg (6.71%), Iron: 1.19mg (6.64%), Potassium: 187.47mg (5.36%), Vitamin B3: 1.05mg (5.25%), Vitamin B5: 0.44mg (4.43%), Vitamin B12: 0.26µg (4.38%), Magnesium: 16.2mg (4.05%), Vitamin D: 0.56µg (3.7%), Zinc: 0.51mg (3.37%), Copper: 0.06mg (3.03%), Vitamin A: 110.31IU (2.21%)