



Big Fat Onion Rings

 Vegetarian

READY IN



29 min.

SERVINGS



8

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup beer
- ☐ 0.5 cup buttermilk
- ☐ 1.8 cups pancake mix divided
- ☐ 8 servings vegetable oil; peanut oil preferred
- ☐ 1 medium size onion red
- ☐ 1 tablespoon sugar
- ☐ 1 medium size onion yellow

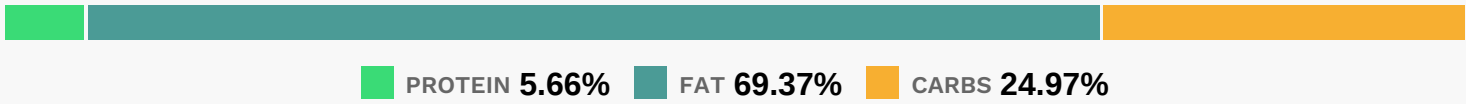
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cut onions into 1/2-inch slices, and separate into rings. Set aside.
- ☐ Combine 1 1/4 cups Pancake
- ☐ Mix and sugar. Stir together buttermilk and beer; whisk into sugar mixture until smooth. Set aside.
- ☐ Place onion rings and remaining 1/2 cup Pancake
- ☐ Mix in a large zip-top plastic freezer bag. Seal and shake to coat.
- ☐ Pour oil to a depth of 2 inches into a Dutch oven; heat to 37
- ☐ Dip onion rings, 1 at a time, in batter, coating well. Fry, in batches, 4 minutes or until golden, turning occasionally; drain on paper towels.
- ☐ Serve immediately.
- ☐ Kitchen Express: Substitute 1 3/4 cups all-purpose baking mix for 1 3/4 cups Pancake
- ☐ Mix, and omit sugar. Proceed as directed, reducing frying time for each batch to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:24.45, Glycemic Load:2.05, Inflammation Score:-3, Nutrition Score:4.0904347993757%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 218.17kcal (10.91%), Fat: 16.72g (25.72%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.53g (4.56%), Sugar: 3.39g (3.77%), Cholesterol: 21.84mg (7.28%), Sodium: 161.06mg (7%), Alcohol: 0.58g (100%), Alcohol %: 0.72% (100%), Protein: 3.07g (6.14%), Vitamin E: 2.21mg (14.76%), Phosphorus: 111.8mg (11.18%), Calcium: 85.32mg (8.53%), Vitamin B2: 0.13mg (7.39%), Vitamin B1: 0.08mg (5.17%), Selenium: 3.58µg (5.11%), Folate: 17.1µg (4.27%), Fiber: 1.01g (4.03%), Manganese: 0.08mg (3.86%), Vitamin B6: 0.08mg (3.75%), Potassium: 121mg (3.46%), Magnesium: 11.39mg (2.85%), Vitamin B12: 0.17µg (2.81%), Vitamin C: 2.21mg (2.67%), Iron: 0.44mg (2.44%), Vitamin B5: 0.24mg (2.41%), Vitamin B3: 0.47mg (2.36%), Zinc: 0.32mg (2.13%), Vitamin A: 96.39IU (1.93%), Copper: 0.03mg (1.43%), Vitamin D: 0.19µg (1.3%)