

Big Fat Onion Rings

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium onion sweet
- 1 medium onion red
- 1 tablespoon sugar
- 0.5 cup buttermilk
- 0.5 cup beer
- 1 serving vegetable oil; peanut oil preferred for frying
- 1.8 cups frangelico

Equipment

- bowl
- paper towels
- sauce pan
- whisk
- ziploc bags
- deep fryer

Directions

- Cut onions into 1/2-inch slices; separate into rings. Set aside. In medium bowl, stir together 1 1/4 cups of the Bisquick mix and the sugar. In small bowl, mix buttermilk and beer; add to Bisquick mixture, stirring with whisk until smooth.
- In deep fryer or 3-quart heavy saucepan, heat 2 inches oil to 375°F. In large resealable freezer plastic bag, place onion rings and remaining 1/2 cup Bisquick mix. Seal bag and shake to coat. Dip each onion ring in batter, coating well. Carefully drop onion rings, in batches, into hot oil. Fry 4 minutes, turning occasionally, until golden; drain on paper towels.
- Serve hot.

Nutrition Facts



PROTEIN 10.1% **FAT 19.79%** **CARBS 70.11%**

Properties

Glycemic Index:21.07, Glycemic Load:1.77, Inflammation Score:-3, Nutrition Score:1.8095652292604%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 43.25kcal (2.16%), Fat: 0.9g (1.38%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.55g (2.38%), Sugar: 4.89g (5.43%), Cholesterol: 1.65mg (0.55%), Sodium: 20.22mg (0.88%), Alcohol: 0.58g (100%), Alcohol %: 0.83% (100%), Protein: 1.03g (2.06%), Vitamin B6: 0.08mg (4.12%), Vitamin C: 3mg (3.64%), Folate: 13.76µg (3.44%), Phosphorus: 29.97mg (3%), Calcium: 29.29mg (2.93%), Potassium: 93.57mg (2.67%), Manganese: 0.05mg (2.55%), Vitamin B2: 0.04mg (2.46%), Fiber: 0.61g (2.42%), Vitamin B1: 0.03mg (2.07%), Magnesium: 7.48mg (1.87%), Copper: 0.03mg (1.66%), Selenium: 0.93µg (1.33%), Vitamin D: 0.19µg (1.3%), Vitamin B5: 0.12mg (1.21%), Vitamin B12: 0.07µg (1.2%)