



 **15%**
HEALTH SCORE

Blooming Onion

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



439 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black
- 1 cup buttermilk
- 2 teaspoons ground pepper
- 0.1 teaspoon cumin
- 0.1 teaspoon parsley dried
- 1 eggs
- 1 cup flour
- 2 tablespoons horseradish

- 2 teaspoons catsup
- 0.5 cup mayonnaise
- 4 servings cooking oil for frying
- 0.1 teaspoon old bay seasoning
- 0.1 teaspoon oregano dried
- 0.3 teaspoon oregano
- 0.3 teaspoon paprika
- 4 servings bell pepper
- 0.3 teaspoon salt
- 1.5 teaspoons salt
- 0.1 teaspoon thyme leaves
- 1 large onion sweet

Equipment

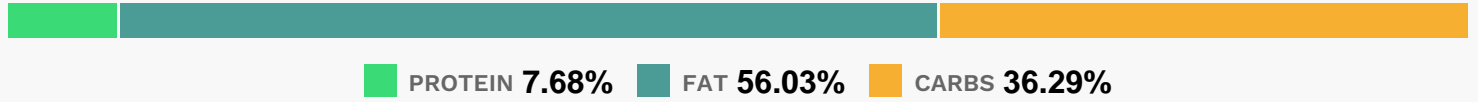
- bowl
- paper towels
- pot
- deep fryer

Directions

- Beat together the egg and buttermilk in a medium bowl.
- Combine the flour, salt, pepper, cayenne, oregano, thyme, cumin and old bay in a separate bowl. Slice 3/4" to 1" off the top and bottom of the onion and remove skin.
- Cut out a 1" core and slice about 3/4 of the way down to create petals.
- Place the onion in boiling water to separate the petals.
- Let cool. Dip the onion into the milk mixture. Dip the coated onion into the flour mixture, covering liberally. Repeat process.
- Let onion set in the refrigerator for 15 minutes before frying.

- Heat vegetable oil in a deep fryer or pot to 350 degrees. Fry the onion right side up for 10 minutes until brown.
- Drain on a rack or paper towel.
- Combine ingredients for dipping sauce and serve.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:19.52, Inflammation Score:-10, Nutrition Score:22.35956519583%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 438.96kcal (21.95%), Fat: 27.65g (42.54%), Saturated Fat: 5.11g (31.94%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 36.4g (13.24%), Sugar: 11.76g (13.06%), Cholesterol: 59.28mg (19.76%), Sodium: 1338.84mg (58.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.05%), Vitamin C: 102.19mg (123.86%), Vitamin A: 3010.69IU (60.21%), Vitamin K: 55.04µg (52.42%), Folate: 126.29µg (31.57%), Selenium: 17.68µg (25.25%), Vitamin B2: 0.41mg (24.23%), Vitamin B1: 0.36mg (24.04%), Manganese: 0.45mg (22.62%), Vitamin E: 3.19mg (21.27%), Vitamin B6: 0.42mg (21.06%), Phosphorus: 161.59mg (16.16%), Fiber: 3.89g (15.56%), Vitamin B3: 2.93mg (14.64%), Iron: 2.58mg (14.31%), Potassium: 447.25mg (12.78%), Calcium: 116.42mg (11.64%), Vitamin B5: 0.92mg (9.16%), Magnesium: 36.4mg (9.1%), Copper: 0.15mg (7.5%), Vitamin D: 1.06µg (7.04%), Zinc: 1.04mg (6.92%), Vitamin B12: 0.41µg (6.79%)