



Buttermilk Batter-Fried Onion Rings

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

354 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups buttermilk
- ☐ 1 cup flour all-purpose
- ☐ 2 large onions
- ☐ 4 servings vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

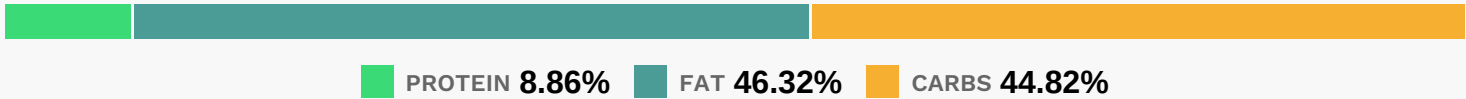
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cut onions into 1/2-inch slices, and separate into rings. Set aside.
- ☐ Whisk together flour and next 4 ingredients until smooth.
- ☐ Pour oil to a depth of 2 inches into a Dutch oven; heat to 37
- ☐ Dip onion rings in batter, coating well. Fry, a few rings at a time, until golden.
- ☐ Drain on paper towels.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.77, Glycemic Load:22.96, Inflammation Score:-6, Nutrition Score:11.178260857644%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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

Nutrients (% of daily need)

Calories: 353.99kcal (17.7%), Fat: 18.36g (28.25%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 37.85g (13.76%), Sugar: 12.11g (13.46%), Cholesterol: 13.2mg (4.4%), Sodium: 526.34mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Vitamin B2: 0.38mg (22.45%), Vitamin B1: 0.34mg (22.41%), Selenium: 15.43µg (22.04%), Calcium: 218.91mg (21.89%), Folate: 77.44µg (19.36%), Phosphorus: 179.41mg (17.94%), Manganese: 0.32mg (15.78%), Vitamin E: 2.32mg (15.44%), Vitamin D: 1.56µg (10.4%), Vitamin B3: 2.04mg (10.2%), Iron: 1.76mg (9.79%), Vitamin B12: 0.55µg (9.2%), Potassium: 305.26mg (8.72%), Fiber: 2.12g (8.48%), Vitamin B6: 0.15mg (7.35%), Vitamin B5: 0.69mg (6.85%), Vitamin C: 5.55mg (6.73%), Magnesium: 26.65mg (6.66%), Zinc: 0.8mg (5.37%), Copper: 0.1mg (5.24%), Vitamin A: 199.5IU (3.99%)