



Crispy Baked BBQ Onion Rings



Vegetarian



Vegan



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.8 cup bbq sauce



1.5 cup panko breadcrumbs



2 large onions sweet sliced

Equipment



baking sheet

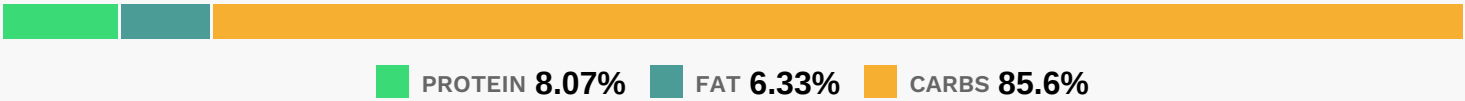


oven

Directions

- ☐ Dip the onion slices in the BBQ sauce, dredge them in the breadcrumbs, and place the on a rack on a baking sheet.
- ☐ Bake in a preheated 425F oven until golden brown, about 12–16 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:8.5%

Flavonoids

Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 234.07kcal (11.7%), Fat: 1.66g (2.56%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 47.59g (17.3%), Sugar: 27.51g (30.56%), Cholesterol: 0mg (0%), Sodium: 730.28mg (31.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Manganese: 0.4mg (20.01%), Vitamin B1: 0.3mg (19.85%), Folate: 63.21µg (15.8%), Vitamin B6: 0.28mg (14.13%), Fiber: 2.98g (11.94%), Potassium: 365.45mg (10.44%), Iron: 1.86mg (10.33%), Selenium: 7.19µg (10.28%), Vitamin B3: 2.03mg (10.16%), Vitamin C: 8.27mg (10.02%), Copper: 0.19mg (9.43%), Phosphorus: 92.54mg (9.25%), Calcium: 91.97mg (9.2%), Vitamin B2: 0.15mg (9.05%), Magnesium: 31.54mg (7.89%), Zinc: 0.63mg (4.22%), Vitamin B5: 0.37mg (3.74%), Vitamin E: 0.48mg (3.2%), Vitamin K: 2.95µg (2.81%), Vitamin A: 121.78IU (2.44%), Vitamin B12: 0.08µg (1.31%)