



Crispy Baked Onion Rings



Vegetarian



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 teaspoon creole seasoning
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup flour
- ☐ 2 large onions sliced
- ☐ 1 cup panko breadcrumbs
- ☐ 4 servings salt and pepper to taste

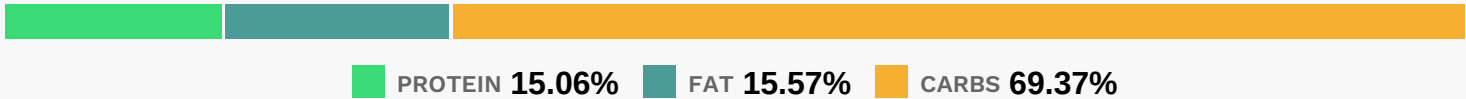
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Place half of the flour in a wide shallow bowl, mix the remaining flour with the buttermilk and egg and place it in a wide, shallow bowl and mix the panko breadcrumbs, creole seasoning, salt and pepper and place them in a third wide, shallow bowl.Dredge the onion slices in the flour, dip them in a mixture batter and dredge them in the breadcrumbs.
- ☐ Place the onion slices on a wire rack on a baking sheet and bake in a preheated 425F oven until golden brown, about 12–16 minutes.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:10.67, Inflammation Score:-6, Nutrition Score:8.8578260670538%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 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, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 182.04kcal (9.1%), Fat: 3.15g (4.84%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 29.04g (10.56%), Sugar: 5.71g (6.34%), Cholesterol: 44.22mg (14.74%), Sodium: 354.17mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin B1: 0.32mg (21.49%), Selenium: 13.98µg (19.98%), Manganese: 0.36mg (17.8%), Folate: 66.09µg (16.52%), Vitamin B2: 0.26mg (15.55%), Phosphorus: 112.12mg (11.21%), Vitamin B3: 2.08mg (10.42%), Iron: 1.85mg (10.27%), Fiber: 2.51g (10.03%), Calcium: 88.56mg (8.86%), Vitamin B6: 0.16mg (7.84%), Vitamin C: 5.93mg (7.19%), Vitamin A: 318.45IU (6.37%), Potassium: 221.41mg (6.33%), Magnesium: 22.47mg (5.62%), Copper: 0.11mg (5.37%), Vitamin B5: 0.53mg (5.26%), Zinc: 0.72mg (4.82%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.61µg (4.07%), Vitamin E: 0.32mg (2.15%), Vitamin K: 1.86µg (1.77%)