



Crispy "Fried" Onion Rings

 Vegetarian

READY IN



26 min.

SERVINGS



3

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup buttermilk low-fat
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion sweet

Equipment

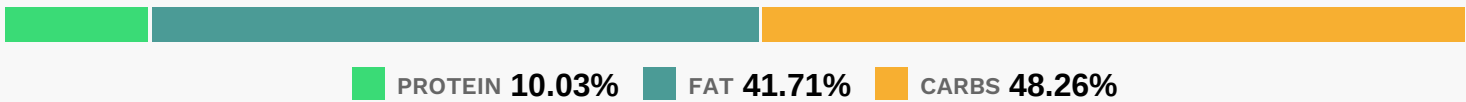
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Cut onion into 1/4-inch-thick slices, and separate into rings. Select largest 12 rings, reserving remaining onion slices for another use.
- ☐ Whisk together buttermilk and egg white in a small bowl until blended.
- ☐ Dredge onion rings in flour; dip into buttermilk mixture, coating well. Dredge again in flour, and place on a baking sheet.
- ☐ Heat 2 tsp. oil in a 10-inch skillet over medium-high heat. Tilt pan to coat bottom of skillet.
- ☐ Add 4 onion rings to skillet, and cook 1 minute on each side or until golden. Wipe skillet clean. Repeat procedure twice with remaining onion rings and oil.
- ☐ Place fried onion rings on an aluminum foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 for 3 minutes. Turn onion rings, and bake 3 more minutes.
- ☐ Remove from oven, and sprinkle with salt.
- ☐ Serve immediately.
- ☐ Beer-battered "Fried" Onion Rings: Prepare recipe as directed through Step Reduce buttermilk to 1/4 cup, and whisk together with 1/4 cup light beer and 1 egg white. Proceed with Steps 3, 4, and 5 as directed.
- ☐ Per serving (4 onion rings): Calories 118 (0% from fat); Fat 8g (sat 8g, mono 1g, poly 7g); Protein 3g; Carb 5g; Fiber 1g; Chol 0mg; Iron 6mg; Sodium 340mg; Calc 19mg.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:11.5, Inflammation Score:-5, Nutrition Score:7.1017391279988%

Flavonoids

Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Nutrients (% of daily need)

Calories: 214.85kcal (10.74%), Fat: 10.07g (15.49%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 24.66g (8.97%), Sugar: 7.58g (8.42%), Cholesterol: 1.6mg (0.53%), Sodium: 472.81mg (20.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Folate: 65.9µg (16.48%), Selenium: 10.42µg (14.88%), Vitamin B1: 0.22mg (14.85%), Vitamin B2: 0.23mg (13.56%), Manganese: 0.23mg (11.44%), Vitamin E: 1.4mg (9.32%), Phosphorus: 89.39mg (8.94%), Vitamin B6: 0.17mg (8.34%), Iron: 1.34mg (7.43%), Calcium: 72.63mg (7.26%), Vitamin B3: 1.41mg (7.05%), Vitamin C: 5.7mg (6.9%), Potassium: 230.46mg (6.58%), Fiber: 1.56g (6.22%), Vitamin K: 6.05µg (5.76%), Magnesium: 20.02mg (5.01%), Copper: 0.1mg (4.94%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.46mg (3.08%), Vitamin B12: 0.1µg (1.62%)