Crispy Fried Sweet Onion Rings

Vegetarian

READY IN	SERVINGS	CALORIES
160 min.	6	487 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 3 cups buttermilk
- [ ] 2 cups flour all-purpose
- [ ] 0.5 teaspoon ground pepper red
- [ ] 2 large onions sweet cut into 3/8-inch-thick slices
- [ ] 2 teaspoons salt
- [ ] 6 servings vegetable oil
- [ ] 1 cup cornmeal plain yellow

Equipment

- [ ] baking sheet
- [ ] paper towels
- [ ] oven
- [ ] baking pan
- [ ] dutch oven

Directions

- [ ] Separate onion slices into rings, and place in a 9-inch square baking dish.
- [ ] Pour buttermilk over onion rings. Cover and chill 2 to 24 hours.
- [ ] Pour oil to depth of 2 inches into a Dutch oven; heat to 36
- [ ] Stir together flour and next 3 ingredients in a shallow dish. Dredge onion rings in flour mixture, and place on a baking sheet. Discard buttermilk.
- [ ] Fry onion rings, in batches, 2 minutes or until golden brown, turning once.
- [ ] Drain on paper towels.
- [ ] Serve onion rings immediately, or keep warm in a 200 oven until ready to serve.

Nutrition Facts

PROTEIN **9.55%** FAT **36.93%** CARBS **53.52%**

Properties

Glycemic Index:34.42, Glycemic Load:36.36, Inflammation Score:-7, Nutrition Score:16.679130409075%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 487.42kcal (24.37%), Fat: 20.06g (30.85%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 65.39g (21.8%), Net Carbohydrates: 60.74g (22.09%), Sugar: 11.94g (13.26%), Cholesterol: 13.2mg (4.4%), Sodium: 911.93mg (39.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.34%), Vitamin B1: 0.51mg (33.92%),

Selenium: 20.72µg (29.6%), Folate: 116.81µg (29.2%), Manganese: 0.55mg (27.4%), Vitamin B2: 0.46mg (27.09%), Vitamin K: 26.75µg (25.48%), Phosphorus: 236.9mg (23.69%), Fiber: 4.65g (18.62%), Vitamin B6: 0.37mg (18.27%), Iron: 3.07mg (17.06%), Vitamin B3: 3.38mg (16.92%), Calcium: 168.63mg (16.86%), Magnesium: 59.72mg (14.93%), Potassium: 426.73mg (12.19%), Zinc: 1.72mg (11.46%), Copper: 0.22mg (10.86%), Vitamin D: 1.56µg (10.4%), Vitamin E: 1.42mg (9.49%), Vitamin B12: 0.55µg (9.2%), Vitamin B5: 0.9mg (9.04%), Vitamin C: 5.42mg (6.57%), Vitamin A: 268.45IU (5.37%)