



Crunchy Chili Onion Rings

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



713 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups flour
- 2 tablespoons chili powder
- 12 6-inch corn tortillas
- 12 ounce beer dark (preferably Mexican)
- 2 large onion peeled
- 4.5 teaspoons salt
- 4 servings vegetable oil for deep-frying

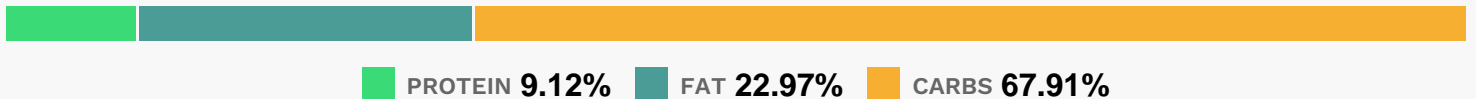
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- kitchen thermometer
- aluminum foil
- skewers
- slotted spoon

Directions

- Mix flour, chili powder, and salt in medium bowl.
- Pour beer into small bowl. Finely grind tortillas in processor; transfer to deep bowl.
- Line large baking sheet with foil.
- Cut onions crosswise into 1/2- to 3/4-inch-thick rounds. Separate rounds into rings. Dip 1 onion ring into flour mixture, then beer, flour again and beer again, then add to bowl with ground tortillas and toss to coat. Using wooden skewer, transfer coated ring to sheet of foil. Repeat with remaining onion rings.
- Pour oil into heavy large skillet to depth of 1 inch. Rest top of deep-fry thermometer against edge of skillet, submerging bulb end in oil.
- Heat oil to 370°F to 380°F. Fry onion rings, 4 at a time until golden brown, maintaining temperature, about 3 minutes per batch. Using slotted spoon, transfer to paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:69.61, Inflammation Score:-9, Nutrition Score:25.535217504139%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg 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: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 712.9kcal (35.65%), Fat: 17.79g (27.37%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 118.34g (39.45%), Net Carbohydrates: 108.23g (39.36%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 2725.14mg (118.48%), Alcohol: 3.32g (100%), Alcohol %: 1.18% (100%), Protein: 15.89g (31.77%), Vitamin B1: 0.86mg (57.2%), Selenium: 38.25µg (54.64%), Manganese: 1.07mg (53.6%), Folate: 195.94µg (48.98%), Fiber: 10.11g (40.45%), Phosphorus: 391.83mg (39.18%), Vitamin B3: 7.69mg (38.46%), Vitamin B2: 0.59mg (34.88%), Iron: 6.2mg (34.45%), Vitamin K: 30.56µg (29.1%), Magnesium: 95.42mg (23.85%), Vitamin A: 1189.06IU (23.78%), Vitamin B6: 0.43mg (21.25%), Vitamin E: 2.96mg (19.74%), Copper: 0.33mg (16.53%), Zinc: 1.99mg (13.29%), Potassium: 456.4mg (13.04%), Calcium: 112.71mg (11.27%), Vitamin C: 5.58mg (6.76%), Vitamin B5: 0.66mg (6.58%)