



Crunchy Onion Rings

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups corn flakes/bran flakes
- 1 cup flour all-purpose
- 2 teaspoons ranch seasoning dry (from 1-oz package)
- 1 eggs
- 1 cup milk
- 1 serving cooking oil for deep frying
- 1 large onion separated sliced

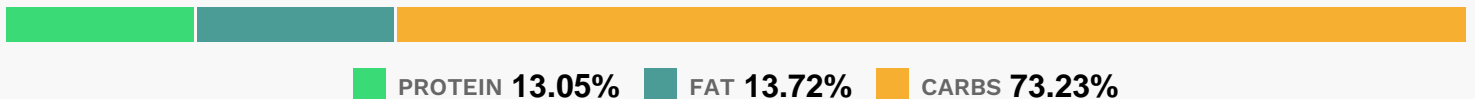
Equipment

- food processor
- bowl
- paper towels
- sauce pan
- ziploc bags
- rolling pin
- meat tenderizer
- deep fryer

Directions

- Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor). In large bowl, mix crushed cereal, flour and dressing mix. In small bowl, beat egg and milk.
- In deep fryer or heavy saucepan, heat 2 to 3 inches oil to 375°F. Dip each onion ring in cereal mixture, then in egg mixture and again in cereal mixture. Fry onion rings in batches 2 to 3 minutes, turning once, until golden brown.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:53.06, Glycemic Load:32.59, Inflammation Score:-9, Nutrition Score:25.70391313926%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 294.01kcal (14.7%), Fat: 4.67g (7.19%), Saturated Fat: 1.71g (10.72%), Carbohydrates: 56.09g (18.7%), Net Carbohydrates: 49.12g (17.86%), Sugar: 10.23g (11.37%), Cholesterol: 48.24mg (16.08%), Sodium: 427.92mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10g (19.99%), Folate: 269.58µg (67.4%), Manganese: 1.34mg

(66.87%), Iron: 10.12mg (56.23%), Vitamin B1: 0.69mg (46.07%), Selenium: 31.07µg (44.38%), Vitamin B2: 0.72mg (42.29%), Vitamin B3: 6.97mg (34.85%), Vitamin B12: 1.93µg (32.12%), Vitamin B6: 0.62mg (31.23%), Fiber: 6.97g (27.88%), Phosphorus: 262.71mg (26.27%), Magnesium: 87.96mg (21.99%), Vitamin A: 908.97IU (18.18%), Zinc: 2.17mg (14.5%), Vitamin D: 1.88µg (12.54%), Copper: 0.22mg (10.91%), Calcium: 107.7mg (10.77%), Potassium: 354.77mg (10.14%), Vitamin B5: 0.84mg (8.4%), Vitamin E: 0.53mg (3.5%), Vitamin C: 2.78mg (3.36%), Vitamin K: 1.38µg (1.31%)