



Deep-Fried Onion Rings



Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose sifted
- ☐ 3 large bermuda onions sliced into 1/3-inch rings
- ☐ 0.5 teaspoon salt

Equipment

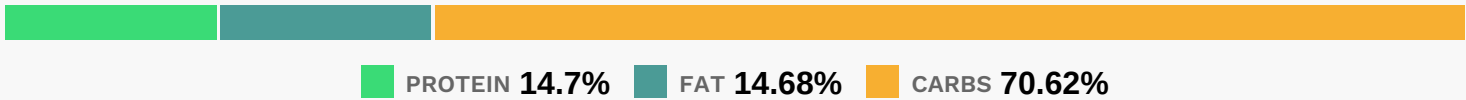
- ☐ bowl

- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Soak onion rings in a bowl of ice water for 1 hour; drain and pat dry with paper towels.
- ☐ Whisk flour, buttermilk, egg, baking soda, and salt together in a bowl until smooth.
- ☐ Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- ☐ Dip onion rings in batter, working in batches; fry battered onion rings in the hot oil until browned, about 5 minutes.
- ☐ Remove with a slotted spoon and drain on a paper towel-lined plate.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:10.24, Inflammation Score:-4, Nutrition Score:5.0434782686441%

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: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg

Nutrients (% of daily need)

Calories: 105.84kcal (5.29%), Fat: 1.73g (2.65%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 17.3g (6.29%), Sugar: 3.91g (4.35%), Cholesterol: 23.76mg (7.92%), Sodium: 255.62mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Selenium: 8.38µg (11.97%), Vitamin B1: 0.16mg (10.99%), Folate: 43.37µg (10.84%), Vitamin B2: 0.17mg (9.95%), Manganese: 0.18mg (9.11%), Phosphorus: 69.58mg (6.96%), Fiber: 1.38g (5.51%), Calcium: 52.95mg (5.3%), Iron: 0.95mg (5.28%), Vitamin B3: 1.02mg (5.09%), Vitamin C: 4.16mg (5.05%), Vitamin B6: 0.09mg (4.73%), Potassium: 146.96mg (4.2%), Vitamin B5: 0.34mg (3.36%), Vitamin D: 0.5µg (3.33%), Magnesium: 12.73mg (3.18%), Vitamin B12: 0.19µg (3.12%), Copper: 0.06mg (2.8%), Zinc: 0.39mg (2.6%), Vitamin A: 80.32IU (1.61%)