



Flowering Vidalia Onion

 Vegetarian

READY IN



75 min.

SERVINGS



1

CALORIES



2756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon ground pepper
- 0.3 teaspoon thyme dried
- 1 eggs beaten
- 1 cup flour all-purpose
- 2 tablespoons horseradish prepared
- 2 teaspoons catsup
- 1 cup milk

- 0.1 teaspoon oregano dried
- 0.3 teaspoon paprika
- 0.5 cup salad dressing (such as Miracle)
- 0.3 teaspoon salt
- 1 quart vegetable oil for frying
- 1 large onion sweet peeled

Equipment

- bowl
- paper towels
- whisk

Directions

- Whisk together the flour, 1 teaspoon salt, 1/2 teaspoon black pepper, 1 teaspoon cayenne pepper, and thyme in a bowl, and set aside.
- Whisk together the egg and milk in a separate small bowl, and set aside.
- "Flower" the onion by cutting 1 inch off of the top of the onion, leaving the root intact. Make slices in the onion from top to bottom, 1/2 inch apart, making sure not to cut the roots. Gently separate the pieces of the onion making it look like a blossom. Dip the onion flower into the milk mixture, making sure to moisten all of the "petals". Coat the flower with the seasoned flour, and gently shake off any excess flour.
- Place the onion onto a plate, and refrigerate for 45 minutes.
- Stir together the creamy salad dressing, horseradish, ketchup, paprika, 1/4 teaspoon salt, 1/4 teaspoon cayenne pepper, oregano, and 1/4 teaspoon black pepper to make the dipping sauce for the onion.
- Heat the frying oil in deep-fryer to 350 degrees F (175 degrees C).
- Fry the onion in the hot oil until the onion is tender on the inside, and crispy golden brown on the outside, 10 to 12 minutes.
- Drain upside down on a paper towel-lined plate for several minutes before serving with the sauce.

Nutrition Facts

PROTEIN 4.34% FAT 73.61% CARBS 22.05%

Properties

Glycemic Index:232, Glycemic Load:74.31, Inflammation Score:-10, Nutrition Score:48.502608672432%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.15mg, Quercetin: 48.15mg, Quercetin: 48.15mg, Quercetin: 48.15mg

Nutrients (% of daily need)

Calories: 2755.5kcal (137.77%), Fat: 227.96g (350.71%), Saturated Fat: 38.51g (240.71%), Carbohydrates: 153.64g (51.21%), Net Carbohydrates: 145.63g (52.96%), Sugar: 46.19g (51.32%), Cholesterol: 192.96mg (64.32%), Sodium: 2149.81mg (93.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.55%), Vitamin K: 424.25µg (404.05%), Vitamin E: 19.29mg (128.63%), Selenium: 65.56µg (93.65%), Vitamin B1: 1.3mg (86.92%), Folate: 345.7µg (86.42%), Vitamin B2: 1.26mg (74.07%), Manganese: 1.33mg (66.28%), Phosphorus: 592.15mg (59.22%), Iron: 8.53mg (47.41%), Calcium: 456.46mg (45.65%), Vitamin B3: 8.65mg (43.23%), Vitamin B6: 0.85mg (42.51%), Potassium: 1188.38mg (33.95%), Fiber: 8.01g (32.04%), Vitamin C: 24.76mg (30.01%), Vitamin B12: 1.71µg (28.49%), Magnesium: 110.87mg (27.72%), Vitamin B5: 2.51mg (25.11%), Vitamin A: 1201.2IU (24.02%), Vitamin D: 3.56µg (23.76%), Copper: 0.46mg (23.2%), Zinc: 3.29mg (21.9%)