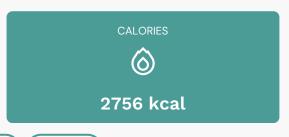


# Flowering Vidalia Onion

Vegetarian







LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

Ш	0.3 teaspoon pepper black
	0.3 teaspoon ground pepper
	0.3 teaspoon thyme dried
	1 eggs beaten
	1 cup flour all-purpose
П	2 tablespoons horseradish prepared

2 teaspoons catsup

1 cup milk

	O.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
Εq	uipment
	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**

#### **Properties**

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

#### **Flavonoids**

Epigallocatechin 3-gallate: O.26mg, Epigallocatechin 3-gallate: O.26mg, Epigallocatechin 3-gallate: O.26mg, Epigallocatechin 3-gallate: O.26mg, Luteolin: O.03mg, Luteolin: O.

### 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: Og (100%), Alcohol %: O% (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%)