

# Fried Onion Rings

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup beer
- 1 cup flour all-purpose
- 1 pinch ground pepper black
- 4 onions peeled sliced into rings
- 1 pinch salt
- 1 quart vegetable oil for frying

## Equipment

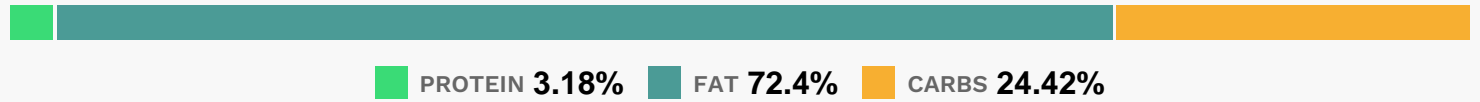
- bowl

- frying pan
- paper towels

## Directions

- In a large, deep skillet, heat oil to 365 degrees F (180 degrees C).
- In a medium bowl, combine flour, beer, salt, and pepper.
- Mix until smooth. Dredge onion slices in the batter, until evenly coated. Deep fry in the hot oil until golden brown.
- Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:14.54, Glycemic Load:6.79, Inflammation Score:-4, Nutrition Score:4.0421738998721%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 200.49kcal (10.02%), Fat: 15.91g (24.48%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.17g (4.06%), Sugar: 1.58g (1.76%), Cholesterol: 0mg (0%), Sodium: 5.69mg (0.25%), Alcohol: 0.77g (100%), Alcohol %: 0.67% (100%), Protein: 1.57g (3.14%), Vitamin K: 29.2µg (27.81%), Vitamin E: 1.3mg (8.69%), Folate: 27.21µg (6.8%), Vitamin B1: 0.1mg (6.64%), Manganese: 0.12mg (6.05%), Selenium: 3.83µg (5.48%), Vitamin B2: 0.07mg (3.9%), Vitamin B3: 0.76mg (3.79%), Fiber: 0.91g (3.63%), Vitamin C: 2.71mg (3.29%), Iron: 0.57mg (3.16%), Vitamin B6: 0.06mg (2.88%), Phosphorus: 24.65mg (2.46%), Potassium: 70.1mg (2%), Magnesium: 7.15mg (1.79%), Copper: 0.03mg (1.52%), Calcium: 10.82mg (1.08%)