

Fried Onion Rings

READY IN



45 min.

SERVINGS



40

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 2 cups buttermilk well-shaken
- ☐ 2 cups flour all-purpose
- ☐ 2 large onions spanish (2 lb total)
- ☐ 4 teaspoons salt
- ☐ 32 fl. oz. vegetable oil

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ colander

Directions

- ☐ Cut onions crosswise into 1/2-inch-thick slices and separate slices into rings, reserving small inner rings for another use if desired.
- ☐ Stir together buttermilk, 2 teaspoons salt, and 1 teaspoon pepper in a large bowl, then gently stir in onion rings.
- ☐ Let stand, turning occasionally, 10 minutes.
- ☐ Drain in a colander.
- ☐ Whisk together flour, remaining 2 teaspoons salt, and remaining teaspoon pepper in a wide shallow bowl. Dredge onion rings a few at a time in flour, shaking off excess, and arrange in 1 layer on wax-paper-lined trays.
- ☐ Let onions stand 15 minutes (for batter to set).
- ☐ Preheat oven to 200°F.
- ☐ Melt enough shortening in a deep 10- to 12-inch heavy skillet to measure about 1 inch and heat over moderately high heat until it registers 360°F on thermometer. Fry onion rings in batches of 4 to 6, without crowding, turning over once or twice, until golden, about 3 minutes per batch.
- ☐ Transfer as cooked to paper towels to drain, then transfer to 1 or 2 large baking sheets (overlap rings slightly if necessary) and keep warm in oven while frying remaining batches. (Return oil to 360°F between batches.)
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **1.83%**  FAT **88.23%**  CARBS **9.94%**

Properties

Glycemic Index:4.13, Glycemic Load:3.8, Inflammation Score:-1, Nutrition Score:2.5321739328944%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 242.56kcal (12.13%), Fat: 24.13g (37.12%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.8g (2.11%), Sugar: 0.92g (1.02%), Cholesterol: 1.32mg (0.44%), Sodium: 246.54mg (10.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin K: 12.83µg (12.22%), Vitamin E: 1.46mg (9.77%), Vitamin B1: 0.06mg (4.2%), Selenium: 2.61µg (3.72%), Folate: 13.48µg (3.37%), Manganese: 0.07mg (3.31%), Vitamin B2: 0.05mg (3.16%), Vitamin B5: 0.24mg (2.44%), Vitamin B3: 0.39mg (1.95%), Phosphorus: 19.28mg (1.93%), Iron: 0.34mg (1.88%), Calcium: 17.29mg (1.73%), Fiber: 0.32g (1.29%), Vitamin D: 0.16µg (1.04%), Potassium: 35.21mg (1.01%)