



Fried Onion Rings with Chili Sauce

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



453 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 3 tablespoons chili sauce
- 2 cups flour all-purpose
- 1 cup mayonnaise
- 6 servings salt
- 1 teaspoon lawry's seasoned salt
- 6 servings vegetable oil for deep frying

2 medium onions white yellow

Equipment

bowl

paper towels

ziploc bags

dutch oven

tongs

Directions

Preheat oil to 360 degrees F.

To make the chili sauce, combine the mayonnaise, chili sauce, chili powder, and cayenne in a small bowl and stir well. Cover and chill until serving time.

Slice the onions into very thin rings and separate the rings.

Spread them out and sprinkle with seasoned salt.

Place the flour in a re-sealable plastic bag.

Put the onion rings, in batches, in the bag, close tightly, and shake until the onion rings are coated.

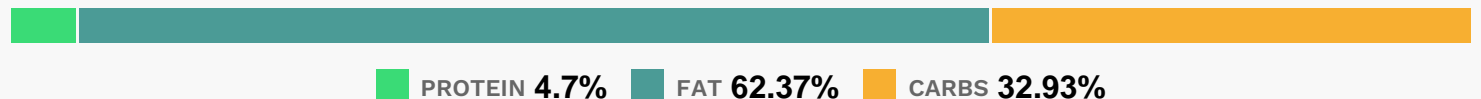
Pour the oil into a Dutch oven. Fry the onion rings in batches for 3 to 4 minutes, until they are brown and crispy.

Remove with tongs and drain on paper towels.

Taste and season with salt, if necessary.

Serve with chili sauce.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:23.87, Inflammation Score:-5, Nutrition Score:10.811304382656%

Flavonoids

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: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 452.92kcal (22.65%), Fat: 31.25g (48.07%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 35.05g (12.75%), Sugar: 2.91g (3.23%), Cholesterol: 15.68mg (5.23%), Sodium: 926.72mg (40.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.61%), Vitamin K: 67.05µg (63.86%), Vitamin B1: 0.36mg (23.69%), Selenium: 15.32µg (21.89%), Folate: 85.9µg (21.47%), Manganese: 0.34mg (17.1%), Vitamin B2: 0.23mg (13.62%), Vitamin B3: 2.66mg (13.32%), Iron: 2.22mg (12.31%), Vitamin E: 1.77mg (11.8%), Fiber: 2.06g (8.22%), Phosphorus: 68.5mg (6.85%), Vitamin C: 3.95mg (4.78%), Copper: 0.1mg (4.75%), Vitamin B6: 0.09mg (4.27%), Potassium: 140.79mg (4.02%), Vitamin A: 192.17IU (3.84%), Magnesium: 14.68mg (3.67%), Vitamin B5: 0.29mg (2.95%), Zinc: 0.44mg (2.93%), Calcium: 20.69mg (2.07%)