

# Fried Onion Strips

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup buttermilk
- 1 teaspoon ground pepper
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon hot sauce
- 4 servings salt
- 4 servings vegetable oil for frying

- 2 onion sliced into 1/ strips

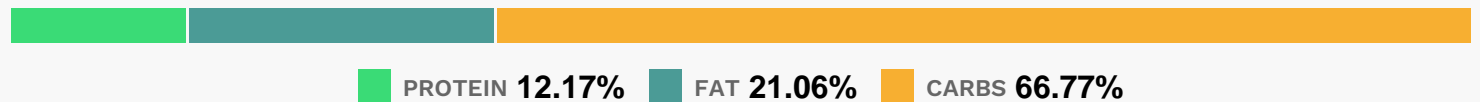
## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Place oil in a deep skillet until it comes about 1-inch up the side of the pan.
- Heat oil to 360 degrees F.
- Mix buttermilk, egg, and hot sauce in a medium bowl.
- Mix flour, cayenne, 1 teaspoon salt, and pepper in a bag. Pat onion slices dry and dip in the buttermilk mixture to coat.
- Transfer slices to bag and toss to coat. Deep-fry onions in batches until golden, about 2 minutes.
- Transfer to a paper towel-lined plate to drain, sprinkle immediately with salt, and serve.

## Nutrition Facts



## Properties

Glycemic Index:42.5, Glycemic Load:17.78, Inflammation Score:-7, Nutrition Score:10.619565238123%

## Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

## Nutrients (% of daily need)

Calories: 228.12kcal (11.41%), Fat: 5.38g (8.27%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 35.81g (13.02%), Sugar: 9.96g (11.07%), Cholesterol: 44.22mg (14.74%), Sodium: 281.4mg (12.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Folate: 102.56µg (25.64%), Selenium: 15.97µg

(22.81%), Vitamin B1: 0.33mg (22.26%), Manganese: 0.39mg (19.3%), Vitamin B2: 0.3mg (17.37%), Vitamin B6: 0.27mg (13.65%), Phosphorus: 127.68mg (12.77%), Iron: 2.15mg (11.96%), Vitamin C: 9.07mg (11%), Vitamin B3: 2.15mg (10.75%), Fiber: 2.54g (10.14%), Potassium: 300.93mg (8.6%), Calcium: 80.5mg (8.05%), Copper: 0.16mg (7.94%), Magnesium: 27.33mg (6.83%), Vitamin A: 321.59IU (6.43%), Vitamin K: 6.7µg (6.38%), Vitamin B5: 0.59mg (5.86%), Zinc: 0.71mg (4.71%), Vitamin D: 0.61µg (4.07%), Vitamin B12: 0.24µg (3.93%), Vitamin E: 0.57mg (3.8%)