



Fried Vidalia Onion

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

361 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup buttermilk
- ☐ 1.5 teaspoons cayenne pepper
- ☐ 1 tablespoon freshly dill leaves chopped
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon ground cumin

- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup mayonnaise
- ☐ 1 cup milk
- ☐ 0.3 teaspoon oregano dried
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 1.5 teaspoons salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 vidalia onion skinless

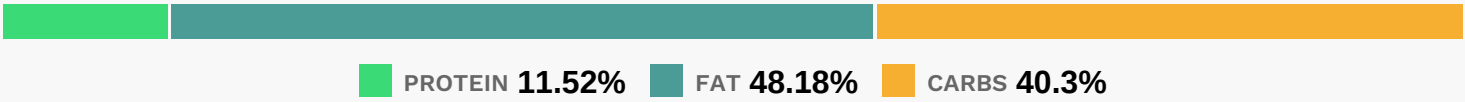
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Heat oil in a deep-fryer to 350 degrees F.
- ☐ Whisk together the egg and the milk in a medium sized bowl.
- ☐ In a separate bowl combine the flour, salt, peppers, oregano, thyme, and cumin.
- ☐ Slice 1/2-an inch off the top of the onion and the bottom of the onion. Slice the onion in half, about 3/4-of the way down without slicing all the way through. Slice into quarters, then into 1/8s. Repeat this until you have cut the onion into 14 sections.
- ☐ Spread the "petals" of the onion apart and dip the onion in the milk mixture. Then coat it liberally with the dry ingredients. Separate the "petals" and sprinkle the dry coating between them.
- ☐ Place the battered onion in the hot oil and fry until golden brown, about 10 minutes.
- ☐ Remove to a paper towel lined sheet tray and season with salt and pepper.
- ☐ In a small bowl, combine ingredients and whisk together. Season with salt and pepper, to taste.
- ☐ Serve with Fried Vidalia Onion.

Nutrition Facts



Properties

Glycemic Index:78.75, Glycemic Load:19.17, Inflammation Score:-7, Nutrition Score:13.979130537614%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 360.93kcal (18.05%), Fat: 19.35g (29.77%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 34.46g (12.53%), Sugar: 9.71g (10.79%), Cholesterol: 99.99mg (33.33%), Sodium: 1070.42mg (46.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Selenium: 21.01µg (30.01%), Vitamin B2: 0.45mg (26.18%), Vitamin K: 26.06µg (24.82%), Vitamin B1: 0.35mg (23.29%), Folate: 91.65µg (22.91%), Phosphorus: 206.13mg (20.61%), Manganese: 0.36mg (18.09%), Calcium: 168.26mg (16.83%), Iron: 2.33mg (12.94%), Vitamin A: 627.84IU (12.56%), Vitamin B12: 0.75µg (12.48%), Vitamin B6: 0.24mg (11.82%), Vitamin D: 1.72µg (11.49%), Vitamin B3: 2.16mg (10.8%), Vitamin E: 1.49mg (9.92%), Vitamin B5: 0.99mg (9.89%), Potassium: 344.8mg (9.85%), Magnesium: 31.6mg (7.9%), Fiber: 1.97g (7.86%), Vitamin C: 6.1mg (7.4%), Zinc: 1.09mg (7.26%), Copper: 0.13mg (6.61%)