



Frizzled Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



39 kcal

SIDE DISH

Ingredients

- 2 small onion very thinly sliced
- 8 servings salt to taste
- 0.7 cup vegetable oil for frying

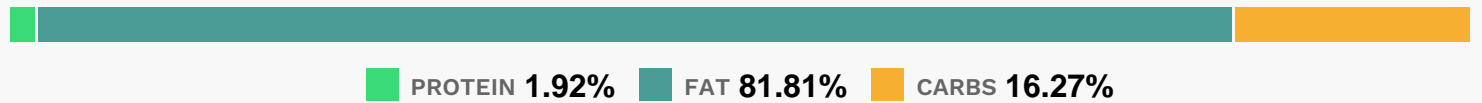
Equipment

- paper towels
- sauce pan
- slotted spoon

Directions

- Heat oil in a small saucepan placed over medium-low heat. A slice of onion should just sizzle a bit when added to the hot oil.
- Add 1/2 of the onions and cook, stirring occasionally, until the onions are a deep golden brown, about 7-10 minutes.
- Remove with slotted spoon to paper towels to drain, and salt to taste. Onions will be soft at first and will crisp as they cool. Repeat with remaining onions.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:0.7982608637894%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 39.12kcal (1.96%), Fat: 3.65g (5.62%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 194.49mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin K: 6.75µg (6.43%), Vitamin E: 0.3mg (2%), Vitamin C: 1.29mg (1.57%), Fiber: 0.3g (1.19%), Manganese: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.05%)