



Gluten-Free Chex® Blooming Onions with Bacon Chipotle Dip

READY IN



30 min.

SERVINGS



8

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup mayonnaise
- 2 tablespoons chipotles in adobo canned chopped
- 2 tablespoons bacon crumbled cooked
- 1 cup cornflakes
- 1 cup rice chex
- 1 cup rice-based baking mix gluten-free
- 1.5 teaspoons salt
- 1 teaspoon ground pepper red (cayenne)

- 0.5 teaspoon ancho chili powder
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon ground cumin
- 0.5 teaspoon pepper black
- 1 cup milk
- 2 eggs
- 2 large onion sweet
- 1 serving vegetable oil for deep frying

Equipment

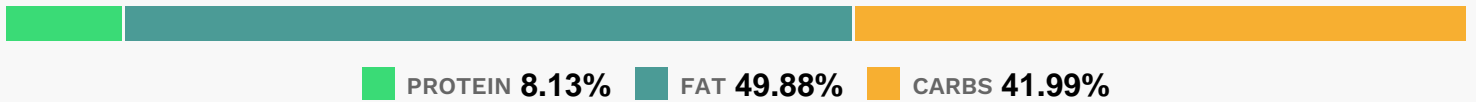
- bowl
- paper towels
- sauce pan
- knife
- whisk
- slotted spoon

Directions

- Mix Dip ingredients in small bowl. Cover and refrigerate until ready to serve.
- Crush cereals. In large bowl, mix crushed cereals, baking mix, salt and spices. In another large bowl, beat milk and eggs with whisk.
- Cut 1/2 inch off pointed end of onion; peel onion, leaving bottom stem.
- Cut 1-inch diameter core out of middle of onion. Using very sharp, large knife, cut through center of onion to about three-fourths of the way down. Turn the onion 90 degrees and cut it again in an X across the first cut. Keep cutting the sections in half, very carefully until the onion has been cut 16 times. Do not cut down to the bottom of the onion.
- Spread the "petals" of the onion apart. Coat onion with cereal mixture, separating petals and sprinkling dry coating between them. Dip onion into egg mixture, then into cereal mixture again. This double-dipping ensures a well-coated onion; some of the coating will wash off when frying the onion.

- Repeat step 3 with remaining onion, cereal mixture and egg mixture.
- In deep fat fryer or heavy saucepan, place enough oil to just cover onion.
- Heat oil to 350°F. Using slotted spoon, slowly place 1 coated onion at a time into hot oil. Adjust heat to keep oil at 350°F. Fry 3 minutes; turn onion with slotted spoon. Fry 3 to 4 minutes longer or until onion is golden brown.
- Remove with slotted spoon; drain on paper towels.
- Serve hot with dip.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:9.1326086417488%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 249.2kcal (12.46%), Fat: 13.88g (21.36%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 24.54g (8.92%), Sugar: 7.76g (8.62%), Cholesterol: 52.19mg (17.4%), Sodium: 770.89mg (33.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.19%), Vitamin K: 24.41µg (23.25%), Iron: 2.84mg (15.78%), Folate: 62.8µg (15.7%), Vitamin B6: 0.29mg (14.53%), Vitamin B2: 0.23mg (13.38%), Manganese: 0.23mg (11.29%), Vitamin B12: 0.66µg (11.04%), Vitamin B1: 0.16mg (10.84%), Phosphorus: 95.28mg (9.53%), Selenium: 6.59µg (9.42%), Calcium: 92.48mg (9.25%), Vitamin B3: 1.63mg (8.15%), Vitamin A: 393.89IU (7.88%), Vitamin C: 5.86mg (7.1%), Fiber: 1.76g (7.03%), Zinc: 0.98mg (6.5%), Vitamin D: 0.84µg (5.61%), Potassium: 195.38mg (5.58%), Vitamin E: 0.79mg (5.24%), Vitamin B5: 0.47mg (4.68%), Magnesium: 16.94mg (4.23%), Copper: 0.08mg (4.04%)