



Gluten Free Onion Rings

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 0.3 cup vegetable oil
- 1 cup milk
- 1 cup bette hagan's pizza/french bread flour mix gluten free (see note; I'm sure any other "all purpose" blend would work)
- 0.5 teaspoon salt
- 1 teaspoon double-acting baking powder
- 2 large onion yellow separated sliced
- 0.5 cup flour gluten free (for coating onions)

4 servings cooking oil for frying (we use canola)

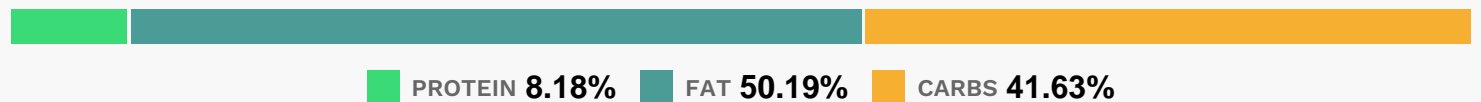
Equipment

blender

Directions

- Mix egg, oil, and milk on low speed of mixer for 1 minute.
- Add Bette's
- Mix (or equivalent dry ingredients) and mix until smooth.
- Put 1/2 cup all purpose gf flour in a shallow dish. Coat onion rings in flour.
- Dip floured onions in prepared batter.
- Fry in hot oil (375 degrees, at least 1-inch deep) until desired shade of brown.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:2.88, Inflammation Score:-4, Nutrition Score:8.8386956521739%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 384.44kcal (19.22%), Fat: 21.91g (33.71%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 37.55g (13.65%), Sugar: 7.42g (8.25%), Cholesterol: 48.24mg (16.08%), Sodium: 651.57mg (28.33%), Protein: 8.04g (16.08%), Iron: 7.17mg (39.83%), Vitamin K: 27.57µg (26.26%), Calcium: 167.38mg (16.74%), Fiber: 3.34g (13.36%), Phosphorus: 127.05mg (12.7%), Vitamin E: 1.77mg (11.77%), Vitamin B2: 0.15mg (9.1%), Vitamin B6: 0.15mg (7.3%), Vitamin B12: 0.43µg (7.12%), Selenium: 4.91µg (7.02%), Vitamin C: 5.55mg (6.73%), Potassium: 216.44mg (6.18%), Vitamin D: 0.89µg (5.94%), Manganese: 0.1mg (5.16%), Vitamin B5: 0.49mg (4.88%), Vitamin B1: 0.07mg (4.87%), Folate: 19.42µg (4.86%), Magnesium: 16.42mg (4.1%), Zinc: 0.52mg (3.47%), Vitamin A: 159.72IU (3.19%), Copper: 0.04mg (1.91%)