



 **100%**
HEALTH SCORE

Lord of the Onion Rings

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup high-fiber bran cereal twigs (recommended: Fiber One Original)
- 1 serving bell pepper black to taste
- 0.3 teaspoon garlic powder to taste
- 0.5 cup liquid egg substitute fat-free
- 1 serving mustard (recommended: Vivi's Original Sauce Classic Carnival Mustard)
- 1 large onion
- 0.1 teaspoon salt to taste

Equipment

- food processor
- bowl
- baking sheet
- oven
- blender

Directions

- Preheat the oven to 375 degrees F.
- Slice the ends off the onion and remove its outer layer.
- Cut onion into 1/2-inch-wide slices, and separate into rings. Set aside.
- Using a blender or food processor, grind cereal to a breadcrumb-like consistency. Season the crumbs with spices and transfer to a plate or bowl.
- Fill a small bowl with egg substitute. Prepare a baking sheet (or
- by spraying with nonstick spray. Set aside.
- One at a time, dunk each ring in egg substitute, give it a shake to remove any excess, and then coat it in the seasoned crumbs. Evenly place rings on the baking sheet(s).
- Bake in the oven until the outsides are crispy and insides are soft, 20 to 25 minutes, carefully flipping rings over about halfway through.
- Serve with mustard, if using. Enjoy!

Nutrition Facts



PROTEIN 28.89% **FAT 6.65%** **CARBS 64.46%**

Properties

Glycemic Index:140.67, Glycemic Load:9.36, Inflammation Score:-10, Nutrition Score:44.89391298916%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

Nutrients (% of daily need)

Calories: 203.67kcal (10.18%), Fat: 1.85g (2.84%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 28.35g (10.31%), Sugar: 13.72g (15.24%), Cholesterol: 0mg (0%), Sodium: 670.93mg (29.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.12%), Vitamin B6: 4.08mg (203.79%), Manganese: 2.54mg (126.97%), Folate: 454.52µg (113.63%), Vitamin B12: 6.24µg (103.93%), Vitamin B2: 1.35mg (79.31%), Selenium: 55.11µg (78.73%), Vitamin B1: 0.93mg (61.97%), Phosphorus: 495.06mg (49.51%), Fiber: 11.94g (47.76%), Iron: 8.28mg (46.01%), Magnesium: 148.38mg (37.09%), Zinc: 5.33mg (35.54%), Vitamin B5: 2.53mg (25.27%), Vitamin B3: 4.97mg (24.83%), Calcium: 247.06mg (24.71%), Potassium: 808.64mg (23.1%), Vitamin C: 17.93mg (21.73%), Vitamin D: 3.25µg (21.69%), Copper: 0.42mg (20.83%), Vitamin A: 818.67IU (16.37%), Vitamin E: 2.33mg (15.54%), Vitamin K: 2.69µg (2.57%)