



Old-Fashioned Onion Rings

 Vegetarian  Dairy Free

READY IN



18 min.

SERVINGS



3

CALORIES



896 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup breadcrumbs dry
- 1 eggs
- 1.3 cups flour all-purpose
- 1 quart cooking oil for frying or as needed
- 1 large onion cut into 1/4-inch slices
- 1 teaspoon salt
- 3 servings lawry's seasoned salt to taste

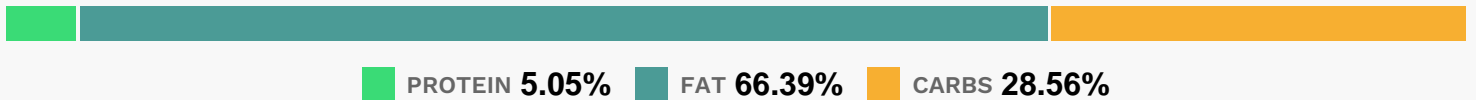
Equipment

- bowl
- paper towels
- whisk
- wire rack
- aluminum foil

Directions

- Heat the oil in a deep-fryer to 365 degrees F (185 degrees C).
- Separate the onion slices into rings, and set aside. In a small bowl, stir together the flour, baking powder and salt.
- Dip the onion slices into the flour mixture until they are all coated; set aside.
- Whisk the egg and milk into the flour mixture using a fork. Dip the floured rings into the batter to coat, then place on a wire rack to drain until the batter stops dripping. The wire rack may be placed over a sheet of aluminum foil for easier clean up.
- Spread the bread crumbs out on a plate or shallow dish.
- Place rings one at a time into the crumbs, and scoop the crumbs up over the ring to coat. Give it a hard tap as you remove it from the crumbs. The coating should cling very well. Repeat with remaining rings.
- Deep fry the rings a few at a time for 2 to 3 minutes, or until golden brown.
- Remove to paper towels to drain. Season with seasoning salt, and serve.

Nutrition Facts



Properties

Glycemic Index:64.67, Glycemic Load:30.12, Inflammation Score:-7, Nutrition Score:19.693043755448%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 895.63kcal (44.78%), Fat: 66.48g (102.27%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 64.32g (21.44%), Net Carbohydrates: 60.85g (22.13%), Sugar: 3.99g (4.43%), Cholesterol: 54.56mg (18.19%), Sodium: 1331.79mg (57.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.77%), Vitamin E: 11.26mg (75.05%), Vitamin B1: 0.7mg (46.59%), Vitamin K: 47.17µg (44.92%), Selenium: 29.22µg (41.74%), Folate: 140.6µg (35.15%), Manganese: 0.67mg (33.73%), Vitamin B2: 0.45mg (26.27%), Vitamin B3: 4.94mg (24.68%), Iron: 4.24mg (23.54%), Phosphorus: 173.55mg (17.36%), Calcium: 155.88mg (15.59%), Fiber: 3.47g (13.9%), Copper: 0.17mg (8.74%), Magnesium: 30.21mg (7.55%), Vitamin B6: 0.14mg (7.03%), Zinc: 1.03mg (6.89%), Vitamin B5: 0.66mg (6.64%), Potassium: 202.36mg (5.78%), Vitamin C: 3.7mg (4.48%), Vitamin B12: 0.22µg (3.75%), Vitamin D: 0.29µg (1.96%), Vitamin A: 80.2IU (1.6%)