



Onion Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



185 kcal

SIDE DISH

Ingredients

- 4 cups onion very thinly sliced
- 1.8 cups vegetable oil; peanut oil preferred

Equipment

- bowl
- ladle
- sieve
- wok

Directions

- Heat a wok over high heat for 30 seconds.
- Add the peanut oil and onions, and cook for 7 minutes, stirring and turning the onions often to prevent burning and to ensure even browning. Reduce the heat to medium and cook, stirring often, for 15 minutes more, or until the onions turn light brown.
- Turn off the heat. Strain the oil through a fine-mesh strainer into a heatproof bowl, pressing the onions with a ladle as they drain. Allow the oil to cool to room temperature. Set the fried onions aside to cool.
- Pour the cooled oil into a sterilized glass jar and close tightly. The oil will keep at room temperature for 1 week or refrigerated for up to 3 months.
- Transfer the fried onions to a plastic container, cover, and refrigerate. They will keep for up to 3 months.
- From Mastering the Art of Chinese Cooking by Eileen Yin-Fei Lo. Text copyright © 2009 by Eileen Yin-Fei Lo; photographs copyright © 2009 by Susie Cushner. Published by Chronicle Books LLC.

Nutrition Facts

  
 **PROTEIN 2.95%**  **FAT 71.97%**  **CARBS 25.08%**

Properties

Glycemic Index:5.4, Glycemic Load:2.64, Inflammation Score:-6, Nutrition Score:3.8560869455661%

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: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 25.98mg, Quercetin: 25.98mg, Quercetin: 25.98mg, Quercetin: 25.98mg

Nutrients (% of daily need)

Calories: 184.86kcal (9.24%), Fat: 15.25g (23.46%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 9.78g (3.56%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 5.12mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin E: 2.4mg (16%), Vitamin C: 9.47mg (11.48%), Fiber: 2.18g (8.7%), Manganese: 0.17mg (8.26%), Vitamin B6: 0.15mg (7.68%), Folate: 24.32µg (6.08%), Potassium:

186.88mg (5.34%), Vitamin B1: 0.06mg (3.93%), Phosphorus: 37.12mg (3.71%), Magnesium: 12.8mg (3.2%), Calcium: 29.44mg (2.94%), Copper: 0.05mg (2.5%), Vitamin B2: 0.03mg (2.03%), Vitamin B5: 0.16mg (1.57%), Iron: 0.27mg (1.52%), Zinc: 0.22mg (1.46%)