



## Onion Rings

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

### Ingredients

- 0.7 cup beer
- 0.5 teaspoon pepper black freshly ground
- 2 large egg whites lightly beaten
- 1.3 cups flour all-purpose
- 3 tablespoons oil
- 1.5 pounds onions peeled
- 0.5 teaspoon paprika
- 0.5 teaspoon salt

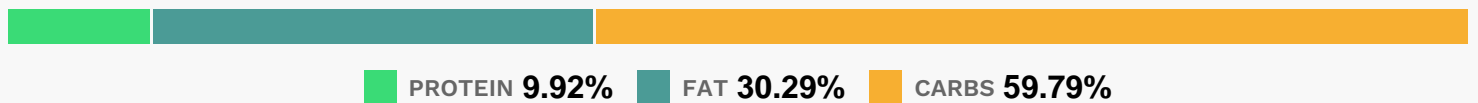
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 40
- Cut onion crosswise into 1/2-inch-thick slices, and separate into rings. Use 16 of the largest rings; reserve remaining onion for another use.
- Combine flour and next 3 ingredients (through pepper) in a medium bowl. Stir in beer and egg white (batter will be thick).
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Dip 5 onion rings in batter, letting excess drip off.
- Add onion rings to pan; cook 2 minutes on each side or until golden.
- Place onion rings on a jelly-roll pan. Repeat procedure of dipping onion rings in batter and cooking in remaining oil twice, ending with 6 rings. Coat onion rings with cooking spray.
- Bake at 400 for 10 minutes or until crisp.
- Serve rings with ketchup, if desired.

## Nutrition Facts



## Properties

Glycemic Index:47.38, Glycemic Load:27.12, Inflammation Score:0, Nutrition Score:11.901739177497%

## Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin:

0.06mg Quercetin: 34.54mg, Quercetin: 34.54mg, Quercetin: 34.54mg, Quercetin: 34.54mg Gallocatechin:  
0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 339.35kcal (16.97%), Fat: 11.15g (17.15%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 49.49g (16.5%), Net  
Carbohydrates: 45.33g (16.48%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 327.51mg (14.24%), Alcohol:  
1.53g (100%), Alcohol %: 0.7% (100%), Protein: 8.22g (16.43%), Folate: 111.75µg (27.94%), Vitamin B1: 0.41mg  
(27.27%), Manganese: 0.55mg (27.26%), Selenium: 18.54µg (26.49%), Vitamin B2: 0.34mg (19.86%), Fiber: 4.17g  
(16.67%), Vitamin C: 12.59mg (15.26%), Vitamin B3: 2.9mg (14.52%), Iron: 2.39mg (13.28%), Vitamin E: 1.97mg  
(13.15%), Vitamin B6: 0.25mg (12.37%), Phosphorus: 103.49mg (10.35%), Potassium: 339.52mg (9.7%), Vitamin K:  
8.9µg (8.48%), Magnesium: 31.23mg (7.81%), Copper: 0.14mg (6.87%), Calcium: 49.96mg (5%), Vitamin B5: 0.45mg  
(4.49%), Zinc: 0.6mg (4.03%), Vitamin A: 127.9IU (2.56%)