



# Onion Rings

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



504 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 quart cooking oil for frying
- 1 large onion spanish sliced into rings
- 1 cup pancake mix dry

## Equipment

- frying pan
- paper towels

## Directions

- Heat the oil in a large, deep skillet over medium high heat.
- Prepare pancake mix according to package directions.
- One at a time, dip Spanish onion rings into the prepared pancake batter, then into the hot oil. Fry until crispy and browned, about 3 minutes.
- Drain on paper towels.

## Nutrition Facts

**PROTEIN 2.3%** **FAT 87.63%** **CARBS 10.07%**

## Properties

Glycemic Index:6.75, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:7.2060869880345%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

## Nutrients (% of daily need)

Calories: 504.14kcal (25.21%), Fat: 49.86g (76.7%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 11.64g (4.23%), Sugar: 1.59g (1.77%), Cholesterol: 23.08mg (7.69%), Sodium: 165.63mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin E: 8.29mg (55.25%), Vitamin K: 33.89µg (32.27%), Phosphorus: 112.6mg (11.26%), Calcium: 78.5mg (7.85%), Vitamin B2: 0.11mg (6.54%), Vitamin B1: 0.08mg (5.5%), Fiber: 1.25g (5.02%), Selenium: 3.37µg (4.82%), Folate: 18.83µg (4.71%), Manganese: 0.09mg (4.69%), Vitamin B6: 0.08mg (3.96%), Vitamin C: 2.97mg (3.6%), Potassium: 119.43mg (3.41%), Iron: 0.5mg (2.78%), Magnesium: 10.9mg (2.72%), Vitamin B3: 0.44mg (2.22%), Vitamin B5: 0.21mg (2.11%), Zinc: 0.31mg (2.05%), Vitamin B12: 0.11µg (1.84%), Vitamin A: 82IU (1.64%), Copper: 0.03mg (1.5%)