



## Onion Rings

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



566 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 large onion yellow separated peeled sliced into 1/ ringed slices, rings (see how to slice an onion)
- 2 cups yogurt mixed plain with 1 cup milk
- 1.5 teaspoons salt
- 1 teaspoon pepper black freshly ground
- 1.5 cups flour all-purpose
- 3 cups rice bran oil

### Equipment

- bowl

- frying pan
- paper towels
- oven
- whisk
- pot
- kitchen thermometer
- tongs

## Directions

- Coat the onion rings in seasoned buttermilk: In a large bowl, stir together the buttermilk (or yogurt and milk) with 1 1/2 teaspoons salt and 1 teaspoon black pepper.
- Stir the onions into the buttermilk mixture and make sure every ring is completely coated in buttermilk.
- Let sit for 15 to 30 minutes.
- Combine flour, cornmeal, salt, pepper in separate bowl: In a separate bowl (large enough to dredge the onion rings) whisk together the flour and cornmeal, 1 teaspoon of salt and 1/2 teaspoon of pepper, and set aside.
- Add 2 to 3 cups of oil to a large (5 to 6-quart), thick-bottomed pot. (Make sure that the pot is absolutely dry on the inside before adding the oil or any residual water will splatter as the oil heats.)
- Add enough oil to cover the bottom of the pot by 3/4 to 1 inch.
- Heat the oil to 375°F. Use a good candy thermometer or instant thermometer (such as a Thermapop) to measure the heat of the oil. You may need to tilt the pan in order to cover the thermometer's sensor completely and get an accurate reading.
- Be very careful whenever handling hot oil. No running kids in the kitchen. No distractions. Do not answer the phone if it rings. Pay attention. Have the pan's lid close by.
- Test the oil by dropping a small pinch of flour into the hot oil. If the flour sizzles the oil is ready. If it burns, remove the pot from the heat and let the oil cool down a little.
- Dredge the buttermilk coated onion rings in the flour mixture (twice):
- Remove onion rings one at a time out of the buttermilk mixture and dredge them in the flour mixture to coat.

- If the coating seems a bit thin (it might) or if you want extra crunchy onion rings, dip the onion rings again in the buttermilk mixture and dredge them again in the flour. This double coating will make the onion rings extra crunchy.
- Fry in oil: Use tongs to place the rings one by one into the hot oil. Fry for a minute on each side, until golden brown.
- When you add the onion rings to the pot, the oil temperature will naturally lower. Adjust the heat so that the temperature of the oil in the pan stays between 350°F and 390°F.
- Place the fried onion rings on a baking sheet lined with paper towels to absorb the excess oil. Keep the fried onion rings warm in a 200°F oven while you fry the rest of the rings.
- Add more oil if needed between batches.
- Let the oil heat back up to 375°F before starting a new batch.
- Serve immediately.
- Note: It's best not to pour the leftover oil down the drain. Better to pour into an extra empty jar, and discard with your trash.

## Nutrition Facts

**PROTEIN 6.99%** **FAT 58.77%** **CARBS 34.24%**

### Properties

Glycemic Index:38.25, Glycemic Load:28.57, Inflammation Score:-7, Nutrition Score:15.431304664715%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

### Nutrients (% of daily need)

Calories: 565.67kcal (28.28%), Fat: 37.23g (57.28%), Saturated Fat: 9.12g (57%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 46.14g (16.78%), Sugar: 9.02g (10.02%), Cholesterol: 15.93mg (5.31%), Sodium: 932.44mg (40.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Vitamin E: 10.68mg (71.23%), Vitamin B1: 0.44mg (29.24%), Folate: 108.69µg (27.17%), Selenium: 18.99µg (27.12%), Vitamin B2: 0.43mg (25.1%), Manganese: 0.49mg (24.37%), Phosphorus: 189.54mg (18.95%), Calcium: 175.26mg (17.53%), Vitamin B3: 2.95mg (14.76%), Iron: 2.47mg (13.74%), Fiber: 2.67g (10.67%), Potassium: 356.36mg (10.18%), Vitamin K: 9.58µg (9.12%),

Magnesium: 33.39mg (8.35%), Zinc: 1.19mg (7.91%), Vitamin B5: 0.78mg (7.81%), Vitamin B6: 0.15mg (7.56%),  
Vitamin B12: 0.45µg (7.55%), Vitamin C: 6.16mg (7.47%), Copper: 0.12mg (5.76%), Vitamin A: 125.51IU (2.51%)