



Rajun' Cajun Onion Rings

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



514 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon celery salt
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1.5 cups milk
- 1 teaspoon ground mustard
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 tablespoons pepper sauce hot (recommended: Crystal)

- 2 large onions red sliced into rings
- 4 servings salt
- 2 cups self-rising flour
- 1.5 cups cup heavy whipping cream sour
- 4 servings vegetable oil for frying
- 1 teaspoon pepper white

Equipment

- bowl
- paper towels
- whisk
- baking pan
- dutch oven

Directions

- In a large bowl, whisk together the sour cream, the milk and the hot sauce.
- Add the onion rings and set aside while you season the flour. In a large baking dish or pie plate, combine the celery salt, onion powder, garlic powder, mustard powder, paprika, chili powder, white pepper, salt and the flour.
- Heat about 3 inches of oil to 350 degrees F in a large Dutch oven.
- Remove the onion rings from the liquid mixture and dredge in the flour mixture. Repeat the process to double coat the rings.
- Place the onion rings into the oil in batches and fry until golden brown and crispy, about 5 minutes.
- Drain the onion rings on a paper towel lined plate and season with salt while still hot, then transfer to a serving platter.
- Serve with the Crab Burger and Celery Root Remoulade.

Nutrition Facts



■ PROTEIN 10.74% ■ FAT 41.84% ■ CARBS 47.42%

Properties

Glycemic Index:38, Glycemic Load:32.16, Inflammation Score:-8, Nutrition Score:15.148260862931%

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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 514.02kcal (25.7%), Fat: 24.13g (37.12%), Saturated Fat: 11.1g (69.34%), Carbohydrates: 61.54g (20.51%), Net Carbohydrates: 57.88g (21.05%), Sugar: 10.23g (11.37%), Cholesterol: 61.87mg (20.62%), Sodium: 1045.96mg (45.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.86%), Selenium: 31.77µg (45.38%), Manganese: 0.67mg (33.69%), Vitamin A: 1537.87IU (30.76%), Phosphorus: 252.56mg (25.26%), Calcium: 235.6mg (23.56%), Vitamin B2: 0.36mg (21.01%), Fiber: 3.66g (14.64%), Potassium: 465.71mg (13.31%), Vitamin B6: 0.26mg (13.08%), Vitamin C: 9.99mg (12.11%), Magnesium: 48.39mg (12.1%), Vitamin E: 1.81mg (12.08%), Vitamin B12: 0.68µg (11.25%), Vitamin B1: 0.16mg (10.83%), Vitamin B5: 1.02mg (10.23%), Zinc: 1.48mg (9.87%), Folate: 38.98µg (9.74%), Copper: 0.19mg (9.62%), Vitamin K: 9.85µg (9.38%), Iron: 1.41mg (7.82%), Vitamin D: 1.01µg (6.71%), Vitamin B3: 1.2mg (5.98%)