



Red Chili Onion Rings

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 4 servings canola oil for deep-frying
- ☐ 2 tablespoons ground cumin
- ☐ 2 large onions separated cut into 1/4-inch-thick slices, into rings
- ☐ 2 tablespoons paprika
- ☐ 2 tablespoons chili powder red
- ☐ 1 tablespoon salt
- ☐ 3 cups milk whole

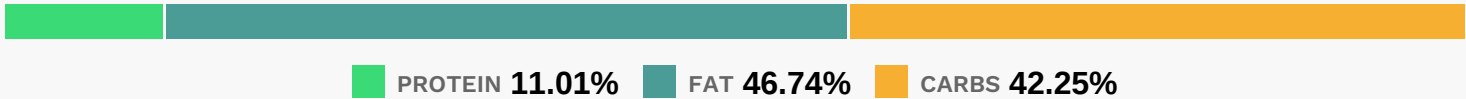
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Place onions in bowl.
- ☐ Pour milk over; let stand 30 minutes, tossing occasionally.
- ☐ Whisk flour, Red Chili Powder, cumin, paprika and salt in large bowl.
- ☐ Pour enough oil into large pot to reach depth of 3 inches.
- ☐ Heat to 350°F. Working with a few onion rings at a time, shake off excess milk. Dip into flour mixture, coating lightly.
- ☐ Add onion rings to pot; deep-fry until golden, about 45 seconds.
- ☐ Drain on paper towels and serve.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:22.2, Inflammation Score:-10, Nutrition Score:21.020000084587%

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, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 409.71kcal (20.49%), Fat: 21.93g (33.73%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 39.56g (14.38%), Sugar: 12.78g (14.2%), Cholesterol: 21.96mg (7.32%), Sodium: 1890.3mg

(82.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.25%), Vitamin A: 3245.95IU (64.92%), Vitamin E: 5.22mg (34.79%), Vitamin B2: 0.52mg (30.45%), Calcium: 297.25mg (29.73%), Vitamin B1: 0.42mg (28.18%), Iron: 5.05mg (28.03%), Phosphorus: 278.29mg (27.83%), Manganese: 0.55mg (27.27%), Selenium: 15.64µg (22.35%), Fiber: 5.05g (20.19%), Vitamin B6: 0.39mg (19.36%), Folate: 74.57µg (18.64%), Potassium: 629.24mg (17.98%), Vitamin K: 18.13µg (17.26%), Vitamin B12: 0.99µg (16.47%), Vitamin B3: 3.08mg (15.39%), Magnesium: 59.55mg (14.89%), Vitamin D: 2.01µg (13.42%), Zinc: 1.57mg (10.46%), Vitamin B5: 1.04mg (10.35%), Copper: 0.17mg (8.42%), Vitamin C: 5.84mg (7.08%)