



Semolina Onion Rings

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups seltzer water
- 2 tablespoons cornstarch
- 2 large eggs
- 2 teaspoons flour all-purpose
- 2 teaspoons granulated sugar
- 2 teaspoons kosher salt as needed plus more

- 2 cups semolina flour
- 5 cups vegetable oil
- 2 medium onion yellow separated sliced

Equipment

- bowl
- baking sheet
- oven
- whisk
- spatula
- dutch oven
- tongs
- candy thermometer

Directions

- Heat the oven to 250°F and arrange a rack in the middle. Set 2 wire racks over 2 baking sheets; set aside.
- Place 5 cups of the oil in a Dutch oven or a large, heavy-bottomed pot.
- Heat over medium-high heat until the oil reaches 350°F on a deep-frying/candy thermometer. When the oil is ready, place the semolina flour, cornstarch, all-purpose flour, measured salt, sugar, baking powder, and baking soda in a large bowl and whisk to combine.
- Add the remaining 6 tablespoons of oil, eggs, and club soda and whisk until just incorporated (do not overmix).
- Place 10 of the onion rings in the batter and stir gently to coat using a rubber spatula, being careful not to tear them. Using your hands, remove the rings 1 at a time from the batter and carefully place them in the oil. Fry, flipping once with tongs, until both sides are golden brown, about 4 to 5 minutes total.
- Transfer to 1 of the prepared baking sheets and season with salt. Repeat with the remaining onion rings. When the first baking sheet is full, place it in the oven to keep warm until all of the onion rings are fried.

Nutrition Facts

■ PROTEIN 6.67% ■ FAT 59.78% ■ CARBS 33.55%

Properties

Glycemic Index:31.81, Glycemic Load:13.79, Inflammation Score:-5, Nutrition Score:10.004347946333%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 347.51kcal (17.38%), Fat: 23.13g (35.59%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 27.51g (10%), Sugar: 1.77g (1.97%), Cholesterol: 37.2mg (12.4%), Sodium: 564.04mg (24.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Selenium: 33.41µg (47.72%), Vitamin K: 40.21µg (38.29%), Vitamin B1: 0.29mg (19.32%), Folate: 71.1µg (17.77%), Vitamin B2: 0.25mg (14.45%), Vitamin E: 1.98mg (13.2%), Manganese: 0.24mg (12.22%), Vitamin B3: 2.07mg (10.35%), Iron: 1.75mg (9.7%), Phosphorus: 76.9mg (7.69%), Fiber: 1.71g (6.84%), Magnesium: 19.75mg (4.94%), Copper: 0.08mg (4.16%), Vitamin B6: 0.08mg (3.91%), Vitamin B5: 0.38mg (3.77%), Zinc: 0.56mg (3.73%), Potassium: 109.75mg (3.14%), Calcium: 30.29mg (3.03%), Vitamin C: 1.63mg (1.97%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%), Vitamin A: 54.44IU (1.09%)