



Sonny's Onion Rings

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



511 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons double-acting baking powder
- 1 can beer
- 2 eggs beaten
- 5.5 cups flour all-purpose
- 4 pounds colossal onions white
- 1 quart milk whole

Equipment

- deep fryer

Directions

- Crosscut peeled onions into 1/2-inch rings, discarding onion hearts. In separate container combine eggs, milk, and beer.
- Mix flour and baking powder thoroughly in separate container. Soak onions in milk mixture and coat onions in flour. This step is repeated a second time, and may be done a third time to insure that the entire onion is dusted with flour mixture. Fry onions in a deep fryer until golden brown.

Nutrition Facts

PROTEIN 13.49% **FAT 10.63%** **CARBS 75.88%**

Properties

Glycemic Index:34.06, Glycemic Load:55.62, Inflammation Score:-9, Nutrition Score:23.683478293212%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 46.05mg, Quercetin: 46.05mg, Quercetin: 46.05mg, Quercetin: 46.05mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 510.96kcal (25.55%), Fat: 5.9g (9.08%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 94.78g (31.59%), Net Carbohydrates: 88.59g (32.22%), Sugar: 15.58g (17.31%), Cholesterol: 55.12mg (18.37%), Sodium: 391.14mg (17.01%), Alcohol: 1.74g (100%), Alcohol %: 0.45% (100%), Protein: 16.84g (33.69%), Vitamin B1: 0.85mg (56.79%), Folate: 208.2µg (52.05%), Selenium: 36.16µg (51.66%), Manganese: 0.89mg (44.52%), Vitamin B2: 0.71mg (41.79%), Calcium: 394.78mg (39.48%), Phosphorus: 371.8mg (37.18%), Vitamin B3: 5.7mg (28.49%), Iron: 5mg (27.75%), Fiber: 6.18g (24.73%), Vitamin B6: 0.42mg (21.06%), Vitamin C: 16.78mg (20.34%), Potassium: 628.31mg (17.95%), Magnesium: 60.58mg (15.15%), Vitamin B5: 1.28mg (12.83%), Vitamin B12: 0.75µg (12.43%), Copper: 0.22mg (11.19%), Zinc: 1.62mg (10.79%), Vitamin D: 1.52µg (10.14%), Vitamin A: 255.57IU (5.11%), Vitamin E: 0.27mg (1.81%), Vitamin K: 1.55µg (1.48%)