



South-of-the-Border Onion Rings

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup club soda
- ☐ 0.3 cup self-rising cornmeal
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup jalapeño peppers minced
- ☐ 2 medium onions
- ☐ 6 servings salt
- ☐ 1 cup self-rising flour
- ☐ 0.5 cup condensed milk sweetened

☐ 6 servings vegetable oil

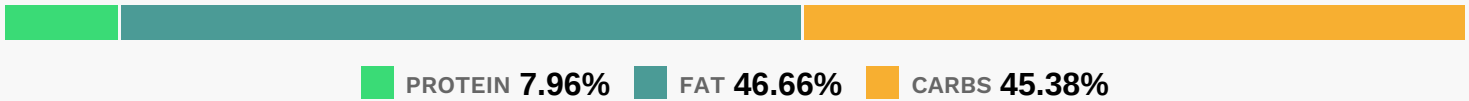
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cut onions into 1/4-inch-thick slices, and separate into rings.
- ☐ Combine flour and cornmeal in a bowl.
- ☐ Combine egg, condensed milk, and club soda; add to dry ingredients, stirring until smooth. Stir in peppers.
- ☐ Pour oil to depth of 3 inches into a Dutch oven; heat to 37
- ☐ Dip onion rings in batter, coating well; fry, a few rings at a time, until golden.
- ☐ Drain on paper towels, and sprinkle with salt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.58, Glycemic Load:22.91, Inflammation Score:-4, Nutrition Score:8.1634782397229%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 342.78kcal (17.14%), Fat: 17.93g (27.59%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 37.14g (13.5%), Sugar: 15.87g (17.63%), Cholesterol: 39.67mg (13.22%), Sodium: 242.47mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Vitamin K: 27.08µg (25.79%),

Selenium: 15.34µg (21.91%), Manganese: 0.28mg (13.91%), Phosphorus: 133.03mg (13.3%), Vitamin C: 9.31mg (11.28%), Vitamin E: 1.58mg (10.51%), Vitamin B2: 0.18mg (10.49%), Calcium: 90.39mg (9.04%), Fiber: 2.09g (8.37%), Vitamin B6: 0.15mg (7.6%), Magnesium: 26.81mg (6.7%), Potassium: 221.55mg (6.33%), Folate: 24.92µg (6.23%), Vitamin B1: 0.09mg (5.89%), Zinc: 0.88mg (5.85%), Vitamin B5: 0.52mg (5.24%), Copper: 0.09mg (4.32%), Iron: 0.74mg (4.12%), Vitamin A: 168.13IU (3.36%), Vitamin B12: 0.19µg (3.11%), Vitamin B3: 0.59mg (2.96%), Vitamin D: 0.22µg (1.45%)