

Southern-Style Onion Rings

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



522 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cayenne pepper to taste
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 cups milk
- ☐ 1 quart oil for deep frying
- ☐ 2 teaspoons paprika
- ☐ 1 tablespoon salt

- ☐ 3 large vidalia onions separated cut into 1/4-inch slices, and into rings
- ☐ 1 tablespoon sugar white
- ☐ 1.5 cups cornmeal yellow

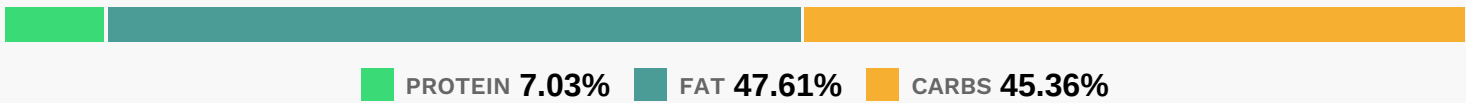
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ wax paper

Directions

- ☐ Line 2 baking sheets with waxed paper; set aside. Line 2 additional baking sheets or 1 tray with paper towels; set aside.
- ☐ Place 1 1/2 cups of flour in a shallow bowl.
- ☐ Pour the milk into a second shallow bowl. In a third bowl, stir together the cornmeal, 2 cups flour, sugar, salt, paprika, cayenne pepper, thyme, and black pepper.
- ☐ Dip the onion rings first into the plain flour, then into the milk, and last into the cornmeal mixture.
- ☐ Place the breaded rings on the wax paper-lined baking sheets.
- ☐ Heat the oil in a large heavy skillet over medium-high heat, or deep-fryer to 365 degrees F (185 degrees C).
- ☐ Fry the onion rings a few at a time in the hot oil so they are not crowded, until golden brown.
- ☐ Drain on paper towel-lined baking sheets, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.32, Glycemic Load:32.4, Inflammation Score:-8, Nutrition Score:15.069565233977%

Flavonoids

Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 18.02mg, Quercetin: 18.02mg, Quercetin: 18.02mg, Quercetin: 18.02mg

Nutrients (% of daily need)

Calories: 522kcal (26.1%), Fat: 27.89g (42.91%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 59.79g (19.93%), Net Carbohydrates: 54.74g (19.91%), Sugar: 11.29g (12.55%), Cholesterol: 7.32mg (2.44%), Sodium: 907.46mg (39.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Vitamin E: 4.55mg (30.33%), Vitamin B1: 0.42mg (28.18%), Manganese: 0.53mg (26.46%), Folate: 96.56µg (24.14%), Selenium: 14.23µg (20.33%), Vitamin B6: 0.41mg (20.28%), Fiber: 5.04g (20.18%), Phosphorus: 198.48mg (19.85%), Vitamin K: 19.35µg (18.43%), Vitamin B2: 0.3mg (17.66%), Iron: 2.88mg (16%), Magnesium: 58.8mg (14.7%), Vitamin B3: 2.89mg (14.43%), Potassium: 386.63mg (11.05%), Calcium: 109.86mg (10.99%), Zinc: 1.59mg (10.6%), Copper: 0.19mg (9.7%), Vitamin A: 453.07IU (9.06%), Vitamin C: 6.18mg (7.5%), Vitamin B5: 0.68mg (6.77%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%)