

Spicy O-nuts

 Vegetarian

READY IN



23 min.

SERVINGS



4

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beer
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon ground pepper
- ☐ 2 cups complete pancake mix
- ☐ 4 servings salt
- ☐ 1 extra large onion sweet
- ☐ 1 teaspoon paprika sweet
- ☐ 4 servings vegetable oil for frying

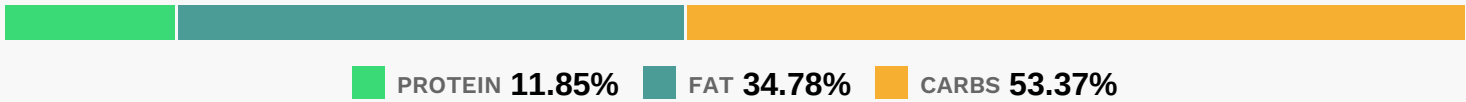
Equipment

- ☐ paper towels

Directions

- ☐ Heat 1-inch vegetable oil of moderate to medium high heat. If you wish to test the oil, add a 1-inch cube of bread to hot oil. If it turns deep golden brown in color in a count of 40, the oil is ready.
- ☐ Trim ends of onion and peel.
- ☐ Cut into 3/4-inch slices and separate rings.
- ☐ Mix together pancake mix and beer, season with paprika, chili powder and cayenne pepper or hot sauce. Batter should be thick. If it gets too thick, add a splash more beer. Working in small batches of 5 to 6 slices, coat rings of onion in batter and fry 4 to 5 minutes, until evenly golden brown. Turn onions over so that both sides get puffed and cooked.
- ☐ Transfer to paper towels to drain. Season o-nuts with salt while hot. Repeat with remaining ingredients. When all the onions are dipped and fried, turn off oil to cool before discarding.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:8.3952174601348%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 221.92kcal (11.1%), Fat: 8.05g (12.38%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 25.39g (9.23%), Sugar: 4.27g (4.74%), Cholesterol: 46.15mg (15.38%), Sodium: 539.64mg (23.46%),

Alcohol: 2.3g (100%), Alcohol %: 1.31% (100%), Protein: 6.17g (12.34%), Phosphorus: 237.85mg (23.79%), Calcium: 161.95mg (16.19%), Vitamin B2: 0.25mg (14.51%), Vitamin A: 661.87IU (13.24%), Folate: 46.62µg (11.66%), Vitamin B6: 0.23mg (11.51%), Vitamin B1: 0.17mg (11.42%), Selenium: 7.29µg (10.42%), Fiber: 2.4g (9.59%), Manganese: 0.18mg (9.03%), Potassium: 269.98mg (7.71%), Iron: 1.29mg (7.14%), Magnesium: 27.31mg (6.83%), Vitamin B3: 1.34mg (6.72%), Vitamin K: 6.53µg (6.22%), Vitamin C: 4.56mg (5.53%), Vitamin B5: 0.45mg (4.51%), Copper: 0.09mg (4.47%), Vitamin E: 0.66mg (4.38%), Zinc: 0.65mg (4.34%), Vitamin B12: 0.23µg (3.88%)