



 11%
HEALTH SCORE

Spicy Onion Rings

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



445 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups breadcrumbs
- 1 quart canola oil for frying
- 1.5 teaspoons ground pepper
- 1 teaspoon basil dried
- 1 cup egg substitute
- 1 cup flour all-purpose
- 2 teaspoons pepper black
- 1 teaspoon oregano dried

- 2 teaspoons pepper red
- 1 teaspoon salt
- 4 large onion sweet thick peeled sliced into rings

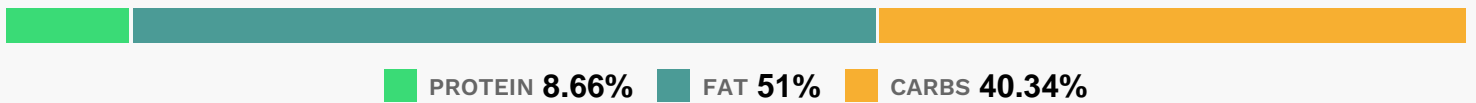
Equipment

- bowl
- frying pan
- paper towels

Directions

- Place the onions, egg substitute, and flour into separate shallow bowls. In another shallow bowl, stir together the bread crumbs, salt, pepper, cayenne, oregano, basil, and red pepper flakes.
- Heat oil in a heavy skillet or deep-fryer to 365 degrees F (180 degrees C). Dip rings of onion into flour, then into the egg substitute, and then into the bread crumb mixture, shaking off any excess after each dip. Carefully drop each onion ring into the hot oil, and fry for about 30 seconds on each side, or until golden.
- Remove from hot oil to paper towels to drain.
- Serve hot with lots of ketchup.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:8.73, Inflammation Score:-8, Nutrition Score:15.750000072562%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 444.84kcal (22.24%), Fat: 25.54g (39.3%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 41.78g (15.19%), Sugar: 10.71g (11.91%), Cholesterol: 0mg (0%), Sodium: 570.15mg (24.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Selenium: 25.49µg (36.42%), Vitamin E: 5.05mg (33.65%), Vitamin B1: 0.49mg (32.74%), Manganese: 0.59mg (29.38%), Folate: 101.95µg (25.49%), Vitamin K: 24.6µg (23.43%), Vitamin B2: 0.35mg (20.4%), Iron: 3.42mg (19.02%), Vitamin B6: 0.32mg (16%), Vitamin B3: 3.09mg (15.45%), Fiber: 3.68g (14.73%), Phosphorus: 131.81mg (13.18%), Calcium: 118.15mg (11.81%), Copper: 0.21mg (10.41%), Potassium: 360.93mg (10.31%), Vitamin C: 8.39mg (10.17%), Magnesium: 38.18mg (9.55%), Vitamin B5: 0.89mg (8.92%), Vitamin A: 381.36IU (7.63%), Zinc: 1.06mg (7.09%), Vitamin B12: 0.2µg (3.27%), Vitamin D: 0.48µg (3.2%)