

# Stack of Onion Rings

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



556 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 eggs
- 1.5 cups flour all-purpose
- 1 cup heavy whipping cream
- 4 large onion spanish sliced into 1/4 rings
- 1 quart safflower oil for frying
- 2 cups seasoned bread crumbs

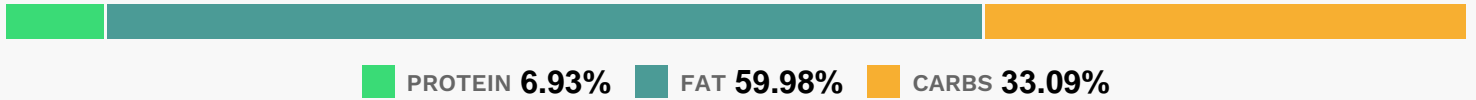
## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Heat safflower oil in a large, heavy skillet to 375 degrees F (190 degrees C).
- Mix together flour and baking powder in a small bowl. In another bowl, whisk together eggs and heavy cream.
- Place seasoned bread crumbs on a medium, flat dish. Dust Spanish onion rings with flour mixture. Dip one at a time into egg mixture. Coat thoroughly with bread crumbs.
- Fry coated rings in the hot oil, a few at a time, until crisp and golden brown.
- Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:14.55, Inflammation Score:-7, Nutrition Score:15.409130407416%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

## Nutrients (% of daily need)

Calories: 556.37kcal (27.82%), Fat: 37.39g (57.53%), Saturated Fat: 9.46g (59.1%), Carbohydrates: 46.43g (15.48%), Net Carbohydrates: 43.05g (15.66%), Sugar: 5.87g (6.53%), Cholesterol: 74.84mg (24.95%), Sodium: 454.42mg (19.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.43%), Vitamin E: 8.56mg (57.09%), Vitamin B1: 0.52mg (34.48%), Selenium: 20µg (28.57%), Manganese: 0.56mg (27.76%), Folate: 99.2µg (24.8%), Vitamin B2: 0.37mg (21.57%), Vitamin B3: 3.35mg (16.73%), Iron: 2.97mg (16.5%), Vitamin K: 16.84µg (16.03%), Phosphorus: 144.68mg (14.47%), Fiber: 3.38g (13.51%), Calcium: 115.85mg (11.59%), Vitamin A: 556.13IU (11.12%), Vitamin B6: 0.18mg (9.04%), Vitamin C: 6.54mg (7.93%), Magnesium: 29.93mg (7.48%), Copper: 0.15mg (7.37%), Potassium:

247.37mg (7.07%), Vitamin B5: 0.63mg (6.26%), Zinc: 0.93mg (6.23%), Vitamin D: 0.7µg (4.64%), Vitamin B12:  
0.25µg (4.17%)