



Sweet n Smokey Onion Rings

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1.5 cups buttermilk
- 1 eggs
- 1 cup flour for dusting all-purpose
- 1 teaspoon kosher salt
- 1 teaspoon onion powder
- 2 teaspoons paprika smoked sweet
- 4 servings vegetable oil for frying

- 2 large vidalia onions cut into slices

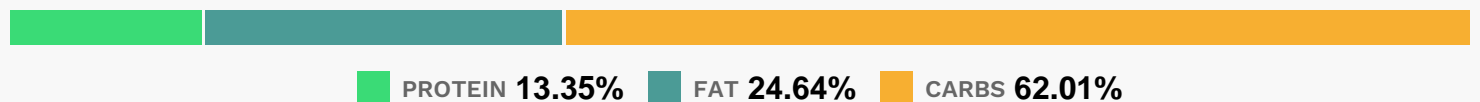
Equipment

- bowl
- paper towels
- whisk
- pot
- baking pan

Directions

- Watch how to make this recipe.
- In a heavy bottomed pot, add enough oil to reach 4 inches up the sides. Preheat to 365 degrees F.
- In a medium-sized bowl, combine the flour, paprika, onion powder, salt, and baking powder. In a small bowl, whisk together the buttermilk and egg.
- Add the wet mixture to the dry mixture, whisking the batter until just combined. In a medium bowl or wide baking dish, add onion rings and dust with flour. Toss gently to uniformly coat rings, and shake off excess flour. Working in batches, dip floured onion rings into the batter, making sure they are thoroughly coated, then carefully add to the preheated oil. Cook until deep golden, flipping halfway through if necessary, about 2 minutes.
- Remove the onion rings to a paper towel-lined plate and season immediately with salt.
- Transfer to a serving platter and serve hot. No ketchup needed!

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:18.77, Inflammation Score:-8, Nutrition Score:13.23521738467%

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, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 267.78kcal (13.39%), Fat: 7.4g (11.38%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 39.13g (14.23%), Sugar: 12.96g (14.4%), Cholesterol: 50.82mg (16.94%), Sodium: 759.4mg (33.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Folate: 105.73µg (26.43%), Selenium: 18.27µg (26.09%), Vitamin B1: 0.37mg (24.36%), Vitamin B2: 0.41mg (23.84%), Phosphorus: 192.42mg (19.24%), Manganese: 0.37mg (18.48%), Calcium: 181.4mg (18.14%), Vitamin B6: 0.31mg (15.25%), Vitamin A: 702.09IU (14.04%), Iron: 2.39mg (13.29%), Potassium: 395.01mg (11.29%), Vitamin B3: 2.26mg (11.28%), Fiber: 2.76g (11.04%), Vitamin C: 8.07mg (9.78%), Vitamin D: 1.39µg (9.27%), Copper: 0.18mg (8.93%), Magnesium: 34.58mg (8.65%), Vitamin B12: 0.51µg (8.53%), Vitamin B5: 0.84mg (8.38%), Zinc: 0.98mg (6.55%), Vitamin K: 6.87µg (6.54%), Vitamin E: 0.75mg (5.01%)