



Tempura Battered Onion Rings

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 1 tablespoon baking soda
- 1 cup beer (use enough until you get pancake batter consistency)
- 4 servings pepper black freshly ground
- 1 egg yolk
- 4 servings oil for frying
- 1.5 cups rice flour plus more, for dredging
- 0.5 teaspoon salt plus more for seasoning

- 2 large onions sweet cut into 1/ rings, thin skins removed

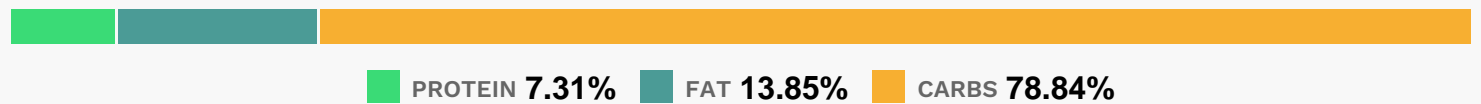
Equipment

- paper towels
- whisk
- mixing bowl
- dutch oven

Directions

- Fill a large Dutch oven or fryer with oil and preheat to 350 degrees F.
- Sift dry ingredients into a large mixing bowl and make a well in the center. Crack the egg yolk into a separate bowl and break it up with a fork.
- Add this to the well in the middle of the flour and slowly pour in the beer as you whisk. Gradually make wider circles with the whisk to incorporate the dry ingredients from the edges - this will minimize the chance of lumps. Continue until all the dry ingredients are mixed and the batter is of a smooth consistency.
- Take the onion rings and remove the thin membrane found between the layers; (otherwise the batter won't stick as well). In a large dish add some rice flour, and season with salt and pepper, to taste. Coat each ring in the flour. Dip in the batter and fry in hot oil in batches until golden.
- Drain on paper towels and season with salt.

Nutrition Facts



Properties

Glycemic Index:59.38, Glycemic Load:33.34, Inflammation Score:-7, Nutrition Score:11.290434816609%

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: 0.13mg, 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: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol:

2.36mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 24.04mg, Quercetin: 24.04mg, Quercetin: 24.04mg, Quercetin: 24.04mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 340.65kcal (17.03%), Fat: 5.01g (7.7%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 64.15g (21.38%), Net Carbohydrates: 60.93g (22.15%), Sugar: 8.43g (9.37%), Cholesterol: 48.6mg (16.2%), Sodium: 1156.73mg (50.29%), Alcohol: 2.3g (100%), Alcohol %: 0.94% (100%), Protein: 5.95g (11.89%), Manganese: 0.9mg (44.84%), Vitamin B6: 0.53mg (26.32%), Calcium: 233.83mg (23.38%), Phosphorus: 196.09mg (19.61%), Selenium: 12.81µg (18.29%), Folate: 52.05µg (13.01%), Fiber: 3.22g (12.89%), Vitamin B1: 0.16mg (10.85%), Magnesium: 42.3mg (10.58%), Vitamin B3: 2.11mg (10.54%), Vitamin C: 7.96mg (9.65%), Copper: 0.18mg (9.13%), Vitamin B5: 0.82mg (8.19%), Potassium: 273.07mg (7.8%), Iron: 1.34mg (7.46%), Vitamin K: 6.52µg (6.21%), Zinc: 0.82mg (5.48%), Vitamin E: 0.82mg (5.46%), Vitamin B2: 0.09mg (5.16%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.24µg (1.62%), Vitamin A: 77.57IU (1.55%)