



Thick Cut O Rings and Spicy Dipping Sauce

 Vegetarian

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

528 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 4 servings canola oil for frying
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup chili sauce
- ☐ 4 servings coarse salt
- ☐ 2 cans evaporated milk
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon mustard dried

- ☐ 1 cup reduced fat cream sour
- ☐ 1 teaspoon paprika sweet
- ☐ 2 large vidalia onions sweet

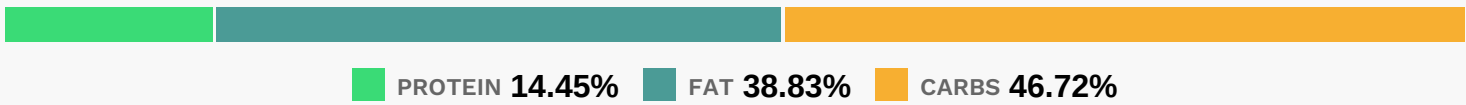
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1 inch of vegetable or canola oil in a large frying pan over medium high heat.
- ☐ Cut onions across into 1-inch rings and separate. Discard the outer layer of skin on your rings.
- ☐ Pour evaporated milk into a small, deep bowl.
- ☐ Mix flour with seasonings in a pie plate or shallow dish. Dip individual rings in milk, then coat in flour. And repeat for a double dip. Fry in a single layer in hot oil until golden brown.
- ☐ Remove to brown paper bag or paper towel lined surface to drain. Salt while hot, to your taste.
- ☐ For dipping sauce, combine all ingredients in a bowl and stir.
- ☐ Tip: refrigerate your onions and canned evaporated milk when you unpack from the grocery store. The colder the better for making onion rings!

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:17.3, Inflammation Score:-9, Nutrition Score:20.492608433184%

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: 527.83kcal (26.39%), Fat: 22.95g (35.31%), Saturated Fat: 12.21g (76.3%), Carbohydrates: 62.13g (20.71%), Net Carbohydrates: 59.09g (21.49%), Sugar: 28.65g (31.83%), Cholesterol: 71.46mg (23.82%), Sodium: 679.35mg (29.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.43%), Calcium: 588.6mg (58.86%), Vitamin B2: 0.84mg (49.26%), Phosphorus: 491.67mg (49.17%), Folate: 117.85µg (29.46%), Vitamin B1: 0.44mg (29.33%), Potassium: 973.61mg (27.82%), Selenium: 17.74µg (25.35%), Vitamin A: 1083.22IU (21.66%), Vitamin B6: 0.37mg (18.73%), Manganese: 0.37mg (18.7%), Magnesium: 74.54mg (18.63%), Vitamin C: 14.77mg (17.91%), Iron: 2.7mg (14.98%), Vitamin B5: 1.44mg (14.43%), Zinc: 2.16mg (14.37%), Vitamin B3: 2.81mg (14.04%), Fiber: 3.04g (12.15%), Vitamin E: 1.56mg (10.37%), Copper: 0.2mg (10.23%), Vitamin B12: 0.52µg (8.74%), Vitamin K: 5.45µg (5.19%), Vitamin D: 0.29µg (1.95%)