



## TSR Version Of Bahama Breeze Island Onion Rings by Todd Wilbur

READY IN



30 min.

SERVINGS



7

CALORIES



1629 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups breadcrumbs plain
- 0.3 cup chili sauce (Heinz recommended)
- 0.3 cup dijon mustard (Grey Poupon recommended)
- 3 eggs beaten
- 2 cups flour
- 0.5 teaspoon garlic finely minced
- 0.5 teaspoon garlic powder
- 1 tablespoon granulated sugar

- 0.3 teaspoon pepper fresh black
- 1 teaspoon pepper black
- 2 tablespoons honey
- 2 teaspoons horseradish prepared
- 0.3 cup mayonnaise
- 3 cups milk
- 4 cups shortening
- 0.5 teaspoon onion powder
- 0.3 cup orange juice concentrate thawed
- 1 teaspoon paprika
- 2 teaspoons parsley finely minced
- 0.3 pepper red crushed
- 1 pinch salt
- 2 teaspoons salt
- 2 large onion sweet separated sliced (1-inch-wide)
- 1 cup coconut shredded unsweetened ()

## Equipment

- bowl
- sauce pan
- deep fryer

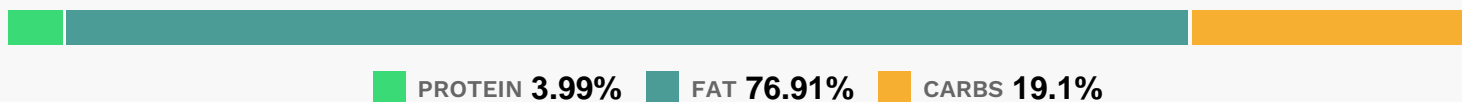
## Directions

- Make chili-horseradish sauce by mixing all the ingredients in a small bowl. Cover and chill. Make citrus-mustard dipping sauce by mixing all the ingredients in a small bowl. Cover and chill this sauce, too.
- Combine flour, salt, paprika, black pepper, onion powder, and garlic powder in a large bowl. In another bowl, combine breadcrumbs and coconut. In a third, smaller bowl, combine beaten eggs and milk. Bread each ring by first dipping it in the egg and milk mixture, then into the flour blend. Go through this first step with three or four onion rings, allowing them to sit in the flour

blend for a bit so that the flour has the time to set up and stick to the onions. Dip those onion rings back into the milk and egg, and then back into the flour blend, allowing them to rest a bit again. Now dip the rings back into the milk and egg and then into the breadcrumb and coconut blend. Repeat this step again, dipping the rings back into the egg and milk and into the breadcrumbs, then let the rings rest on a plate. When all the rings are breaded (a restaurant serving is 16 onion rings), allow them to rest for 30 minutes so the breading will stick when the rings are fried. Preheat 4 to 8 cups of oil or shortening to 350 degrees in your deep fryer (or in a saucepan). Fry 2 to 4 onion rings at a time for 1 to 2 minutes or until light brown.

- Drain the fried rings for a minute or so after they come out of the fryer, and then arrange them in three towers of 5 onion rings each, with the 16th onion ring stacked on the middle at the top of the three stacks.
- Serve the dipping sauces on the side in small bowls. Enjoy!

## Nutrition Facts



### Properties

Glycemic Index: 71.19, Glycemic Load: 25.53, Inflammation Score: -8, Nutrition Score: 28.786087077597%

### Flavonoids

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg

### Nutrients (% of daily need)

Calories: 1628.78kcal (81.44%), Fat: 141.33g (217.43%), Saturated Fat: 41.15g (257.16%), Carbohydrates: 78.98g (26.33%), Net Carbohydrates: 72.52g (26.37%), Sugar: 24.56g (27.29%), Cholesterol: 87.18mg (29.06%), Sodium: 1327.56mg (57.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.51g (33.02%), Vitamin K: 84.71µg (80.68%), Vitamin E: 8.34mg (55.58%), Manganese: 1.08mg (54.1%), Vitamin B1: 0.78mg (51.73%), Selenium: 34.28µg (48.97%), Vitamin B2: 0.61mg (35.65%), Folate: 141.7µg (35.42%), Phosphorus: 313.98mg (31.4%), Vitamin C: 22.09mg (26.78%), Iron: 4.7mg (26.14%), Fiber: 6.46g (25.85%), Vitamin B3: 4.9mg (24.52%), Calcium: 242.44mg (24.24%), Vitamin B5: 2.12mg (21.25%), Vitamin B6: 0.38mg (19.2%), Potassium: 616.75mg (17.62%), Copper: 0.35mg (17.4%), Magnesium: 67.93mg (16.98%), Vitamin B12: 0.85µg (14.22%), Zinc: 1.93mg (12.85%), Vitamin A: 558.46IU (11.17%), Vitamin D: 1.55µg (10.33%)