



Vidalia Onion Fritters

 Vegetarian

READY IN



45 min.

SERVINGS



35

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons double-acting baking powder
- 35 servings vegetable oil for deep-frying
- 0.3 teaspoon sriracha (sambal oelek)
- 35 servings coarse salt to taste (kosher)
- 2 large eggs
- 1.3 cups flour all-purpose
- 2 cups milk
- 2 large onion sliced lengthwise (top to bottom)

- 0.5 teaspoon citrus champagne vinegar

Equipment

- bowl
- paper towels
- sauce pan
- oven
- whisk
- kitchen thermometer

Directions

- Place 1 3/4 cups flour, the baking powder, and salt in a large bowl and whisk to mix.
- Place 2 cups of the milk, the eggs, vinegar, and hot sauce in another bowl and whisk until blended, then pour into the flour mixture and whisk until just blended; do not overmix. Stir in the sliced onions and let the batter rest for 30 minutes. It should be slightly thicker than heavy cream. If it isn't, sprinkle in a little more flour. If it's too thick, add a little more milk. The batter should look somewhat free-form, not doughy.
- Preheat the oven to its lowest setting.
- Pour vegetable oil to a depth of 4 inches into a large, heavy saucepan and heat to 375°F on a deep-fry thermometer. Drop the onion fritter batter into the hot oil by the tablespoonful, a few at a time, and fry, turning once, until the fritters are golden brown on both sides, about 3 minutes in all. The fritters will have an irregular, spiderlike look, with a few loose pieces of onion escaping here and there. Check a fritter by breaking it open to see if the center is cooked; if it still seems unset, cook 1 minute more.
- Drain on paper towels.
- Place the fritters in the oven to keep warm while you finish frying them all.
- Serve on a doily-lined platter or in a lined woven basket accompanied by the dipping sauce in one or more bowls.
- Excerpted From Staff Meals from Chanterelle Copyright 2000 by David Waltuck and Melicia Phillips Used by Permission of Workman Publishing Co. Inc., New York
- No Portion of this Publication May be Reproduced Without Written Permission of Workman

Nutrition Facts

PROTEIN 3.6% FAT 82.07% CARBS 14.33%

Properties

Glycemic Index:5.86, Glycemic Load:2.93, Inflammation Score:-2, Nutrition Score:3.2499999740849%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 159.77kcal (7.99%), Fat: 14.78g (22.74%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 5.5g (2%), Sugar: 1.65g (1.83%), Cholesterol: 12.3mg (4.1%), Sodium: 230.74mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin K: 25.87µg (24.64%), Vitamin E: 1.19mg (7.93%), Selenium: 2.85µg (4.07%), Calcium: 36.8mg (3.68%), Vitamin B1: 0.05mg (3.61%), Folate: 14.41µg (3.6%), Vitamin B2: 0.06mg (3.51%), Phosphorus: 35mg (3.5%), Manganese: 0.05mg (2.44%), Vitamin B6: 0.04mg (2%), Iron: 0.35mg (1.94%), Vitamin B12: 0.1µg (1.68%), Vitamin B3: 0.32mg (1.62%), Potassium: 52.57mg (1.5%), Vitamin D: 0.21µg (1.4%), Vitamin B5: 0.14mg (1.35%), Magnesium: 4.84mg (1.21%), Fiber: 0.3g (1.2%), Vitamin C: 0.91mg (1.1%), Zinc: 0.15mg (1.02%)