



Vidalia® Onion Straws (Onion Strings)



Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 2 cups buttermilk
- ☐ 2 teaspoons cayenne pepper
- ☐ 2 tablespoons cornmeal
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon ground pepper black
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon salt
- ☐ 2 large onions sweet separated very thinly sliced vidalia® such as

☐ 1 quart vegetable oil for frying or as needed

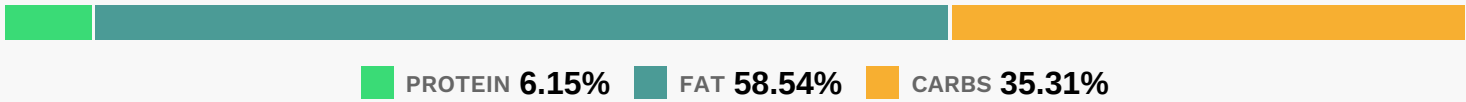
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ Pour buttermilk into a bowl.
- ☐ Place onion slices into buttermilk, cover the bowl with plastic wrap, and refrigerate for 1 hour.
- ☐ Heat oil in a deep-fryer or large saucepan to 400 degrees F (200 degrees C).
- ☐ Whisk flour, cornmeal, salt, black pepper, cayenne pepper, and paprika together in a bowl. Working in batches, remove onions from buttermilk, letting any excess liquid drip off, place onions in flour mixture and toss to coat. Shake any excess flour mixture off onions.
- ☐ Cook onion rings in the preheated oil until golden brown, 3 to 4 minutes.
- ☐ Transfer rings with a slotted spoon to a paper towel-lined plate to drain.

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:19.39, Inflammation Score:-7, Nutrition Score:11.612608764483%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 400kcal (20%), Fat: 26.29g (40.45%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 33.48g (12.18%), Sugar: 7.27g (8.08%), Cholesterol: 6.6mg (2.2%), Sodium: 942.78mg (40.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Vitamin K: 45.77µg (43.59%), Vitamin B1: 0.32mg (21.19%), Manganese: 0.4mg (20.22%), Folate: 80.79µg (20.2%), Selenium: 13.47µg (19.24%), Vitamin B2: 0.28mg (16.7%), Vitamin E: 2.22mg (14.77%), Phosphorus: 115.76mg (11.58%), Vitamin B3: 2.14mg (10.68%), Iron: 1.91mg (10.6%), Calcium: 95.28mg (9.53%), Fiber: 2.19g (8.77%), Vitamin B6: 0.17mg (8.74%), Vitamin A: 373.55IU (7.47%), Potassium: 244.03mg (6.97%), Magnesium: 25.28mg (6.32%), Copper: 0.13mg (6.29%), Vitamin C: 4.36mg (5.28%), Vitamin D: 0.78µg (5.2%), Vitamin B5: 0.47mg (4.74%), Vitamin B12: 0.28µg (4.6%), Zinc: 0.66mg (4.41%)