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Onion Petals · ·

Onion petals are a delicious appetizer made from thinly sliced onions coated in a crispy batter and deep-fried until golden brown. They are commonly served with a dipping sauce and are perfect for sharing with friends and family. This recipe is easy to make and will be a hit at any gathering or party.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Onions
100 g	all-purpose flour
50 g	cornstarch
1 tsp	baking powder
1 tsp	salt

1 tsp	black pepper
1 tsp	paprika
1 pieces	Egg
200 ml	milk
500 ml	vegetable oil

Directions

Step 1

Cut

Peel and slice the onions into thin petals.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the flour, cornstarch, baking powder, salt, black pepper, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, whisk together the egg and milk.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Coating

Dip the onion petals into the egg mixture, then coat them in the flour mixture.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Frying

Heat vegetable oil in a deep fryer or large pot to 180°C (350°F).

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Frying

Fry the coated onion petals in batches until golden brown and crispy, about 2-3 minutes per batch.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Draining

Remove the fried onion petals from the oil and drain them on a paper towel-lined plate.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the onion petals hot with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Picnic

Course

Appetizers

Snacks

Cultural

Chinese New Year

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Meal Type

Snack

Supper

Difficulty Level

Easy

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