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## Onion Rings

Onion rings are a popular deep-fried snack made from sliced onions coated in batter or breadcrumbs. They are often served as a side dish or appetizer. This recipe provides a delicious and crispy onion ring without any sauce.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

<b>300 g</b>	Onions
<b>150 g</b>	all-purpose flour
<b>50 g</b>	cornstarch
<b>1 tsp</b>	baking powder
<b>1 tsp</b>	salt

<b>0.5 tsp</b>	black pepper
<b>0.5 tsp</b>	paprika
<b>250 ml</b>	milk
<b>500 ml</b>	vegetable oil

## Directions

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### Step 1

Cut

Slice the onions into rings and separate them.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

Gradually add milk to the dry ingredients and mix well to form a smooth batter.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Frying

Heat vegetable oil in a deep fryer or large skillet.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Coating

Dip the onion rings into the batter, ensuring they are fully coated.

**Prep Time:** 3 mins

**Cook Time:** 2 mins

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## Step 6

Frying

Carefully place the coated onion rings into the hot oil and fry until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

### Draining

Remove the onion rings from the oil and place them on a paper towel to drain excess oil.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 210 kcal

**Fat:** 9 g

**Protein:** 4 g

**Carbohydrates:** 28 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	28 g	50.91%	56%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	360 mg	15.65%	15.65%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	180 mg	5.29%	6.92%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

### Course

Salads

Appetizers

Snacks

Sauces & Dressings

Breads

Main Dishes

Side Dishes

Desserts

## Cultural

Chinese New Year

## Events

Barbecue

Picnic

## Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

## Difficulty Level

Medium

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