

# Burger King Onion Rings

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/cheesy-italian-fries-burger-king-recipe>

## Ingredients:

- 2 white onions medium to large
- 2 cups milk
- 2 cups all purpose flour
- 2 cups breadcrumbs
- 1 teaspoon garlic powder
- oil to deep fry
- salt to taste

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 650 milligrams
9. Sugar: 12 grams

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