

# Hooters Onion Rings

Yield: 5 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-onion-board-recipe>

## Ingredients:

- 1 cup flour plus more for dusting the onions
- 1/4 cup cornmeal
- 3/4 cup flour
- 1 cup beer
- 1 teaspoon ground black pepper freshly
- 1/2 teaspoon red pepper powder, I used ancho chile powder
- 1/2 teaspoon salt
- 2 onions medium, peeled and cut in 1/3-inch, 1 cm thick rings

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 44 grams
3. Fat: 0.5 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. Sodium: 240 milligrams
7. Sugar: 2 grams

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