

# Perfect Crispy Onion Rings

Yield: 7 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/panko-onion-indian-recipe>

## Ingredients:

- 4 Vidalia onions large, thinly sliced into rings and placed into ice water for at least 10 minutes
- 3 tablespoons cornstarch
- 1 1/4 cups all purpose flour
- 3 tablespoons cornstarch
- 1 pinch cayenne pepper
- 1/2 teaspoon baking powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/4 cups cold water adjust this amount depending on how thick you want your batter
- 1/4 ice full of, .. once batter is mixed, you'll be placing that bowl into this one to keep the batter cold
- oil for frying - about 1" high in large frying pan with high sides or a pot - you can also use a deep fryer if you have it
- candy thermometer or deep fry thermometer - to clip to the side of your pan with the oil
- onion rings
- cookie
- oil

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 39 grams
3. Fat: 9 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 260 milligrams
8. Sugar: 9 grams

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