

Crispy Fried Onion Rings

Yield: 10 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-onion-rings-recipe>

Ingredients:

- 2 1/2 cups flour
- 3 tablespoons seasoned salt
- 2 tablespoons yellow corn meal
- 2 teaspoons black pepper
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 2 onions sliced into 1/3-1/2 inch rings
- 1 cup buttermilk
- vegetable oil for frying

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. Sodium: 25 milligrams
8. Sugar: 3 grams

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