

# Onion Rings

Allergens - **Wheat**, **Milk**, **Egg**

## Ingredients

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Quantity	Ingredient
1 kg	Onions – medium (sliced)
500 g	Golden <b>Breadcrumbs</b>
500 g	Plain <b>Flour</b>
200 g	<b>Egg</b>
500 ml	Semi Skimmed <b>Milk</b>



## Method

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1. Peel and slice the onions.
2. Mix milk and egg in a bowl to make a wash.
3. Place breadcrumbs into a separate bowl.
4. Dip onion rings in milk, egg, flour mixture and then cover with breadcrumbs.
5. Place onion rings on a non-stick tray and spray lightly with oil.
6. Bake in a moderately hot oven for 20 minutes or until crispy.

## Nutritional Content per 80g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 216.3	= 2.4	= 0.6	= 5.4	= 0.3	= 43.8

**Portion size** - Primary – 80g

Reviewed March 2019