

Out of this World Onion Rings

What You'll Need

- 4 large sweet onions, peeled and sliced into 1/4-inch-thick rings
- 3 egg whites
- 1 1/4 cups bread crumbs
- 1/4 teaspoon salt
- 1 teaspoon garlic powder
- 1/4 teaspoon chili powder (optional)
- 1/4 teaspoon pepper
- cooking spray

Serves 4

Let's Cook!

- 1 Preheat oven to 400 degrees.
- 2 Lightly coat a baking sheet with cooking spray.
- 3 Separate sliced onion rings and set aside.
- 4 In a mixing bowl, beat egg whites until they become foamy.
- 5 Mix together bread crumbs, salt, garlic powder, chili powder and pepper in a bowl.
- 6 Dip onions in egg white mixture, then into dry mixture, one at a time. Place on baking sheet.
- 7 Coat onions with cooking spray.
- 8 Bake at 400 degrees for 25 minutes until rings are crispy.

Nutrition Facts

Serving Size (391g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 50g	17%
Dietary Fiber 5g	20%
Sugars 19g	
Protein 10g	
Vitamin A 0%	Vitamin C 25%
Calcium 15%	Iron 15%

