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# Mom`s Onion Rings

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 4

**1 cup flour**

**1/4 teaspoon salt**

**1/2 cup evaporated milk**

**2 tablespoons salad oil**

**1 egg white**

**6 tablespoons water**

**2 to 3 large onions (Bermuda works best)**

In a bowl, combine all of the ingredients but the onions. Mix well with an electric beater.

Slice the onions and take the rings apart. Dip the rings in batter.

Deep fry the onions at 375 degrees, turning once, until golden brown. Sprinkle with salt.

Place in a warm oven until ready to serve.

## **Side Dishes**

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*Per Serving (excluding unknown items): 220 Calories; 9g Fat (39.1% calories from fat); 6g Protein; 27g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 182mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 2 Fat.*