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## Low Carb Onion Rings ♦♦

Low carb onion rings are a delicious and healthy alternative to traditional onion rings. They are made with a low carb batter and baked to perfection. These onion rings are crispy, flavorful, and perfect for snacking or as a side dish. Enjoy them guilt-free!

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

200 g	Onions
100 g	almond flour
50 g	parmesan cheese
2 pieces	Egg
1 tsp	garlic powder

<b>1 tsp</b>	paprika
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Slice the onions into rings and separate them.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, mix almond flour, Parmesan cheese, garlic powder, paprika, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Dipping

Dip each onion ring into beaten eggs, then coat with the almond flour mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Plating

Place the coated onion rings on a baking sheet lined with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Bake in the preheated oven for 15-20 minutes, or until the onion rings are golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 7

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 8 g

**Protein:** 6 g

**Carbohydrates:** 7 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Nutritional Content

Low Carb

### Course

Appetizers

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

### Meal Type

Snack

Lunch

Supper

### Difficulty Level

Easy

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