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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

1 tsp	paprika
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the onions into rings and separate them.

Prep Time: 5 mins

Cook Time: 0 mins

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

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

Step 5

Plating

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

Prep Time: 5 mins

Cook Time: 0 mins

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

Step 7



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

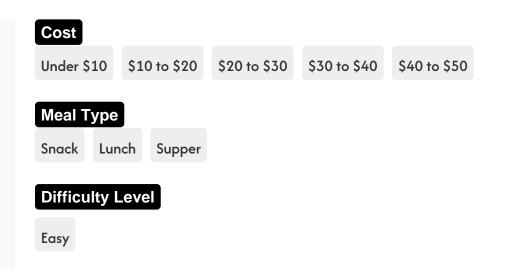
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