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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

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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