


Helergon Kitchen

# Crispy Keto Onion Rings – No Breadcrumbs, No Frying

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| **15 min** Prep time | **20 min** Cook time | **35 min** Total time |
| **4** Servings | **Easy** Difficulty | **American** Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 large sweet onions, sliced into 1/4-inch rings
- [ ] 1 cup almond flour
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 large eggs, beaten
- [ ] 1 tbsp apple cider vinegar
- [ ] 1 tsp sweet paprika
- [ ] 1/2 tsp garlic powder
- [ ] Sea salt and black pepper to taste
- [ ] Olive oil spray

## Instructions

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper and set a wire rack on top.
2. Separate onion slices into individual rings, then pat them dry with paper towels.
3. In a shallow bowl, combine almond flour, Parmesan, paprika, garlic powder, salt, and pepper.
4. In another bowl, whisk eggs with apple cider vinegar.
5. Dip each onion ring first in the egg mixture, letting excess drip off, then coat in the almond-flour mixture, pressing gently.
6. Arrange coated rings on the wire rack, spray lightly with oil, and bake for 12-15 minutes, flipping halfway, until golden and crisp.
7. Remove, let cool a minute, sprinkle with a pinch of flaky sea salt, and serve immediately.

### Nutrition per serving

| 210 kcal | 10 g | 6 g | 15 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the coating seems too dry, add a splash of water to the egg mixture.
- For extra crunch, let the coated rings rest on the rack for 5 minutes before baking.
- You can swap almond flour for crushed pork rinds (which we substitute with lamb rinds) for an even crunchier texture.