

Zucchini Bread Recipes

Crispy Keto Onion Rings – No Breadcrumbs, No Frying

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 ½-inch rings
- [ ] 1 cup almond flour
- [ ] ½ cup grated Parmesan cheese (optional)
- [ ] 2 large eggs, lightly beaten
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp garlic powder
- [ ] Salt and pepper to taste

Optional Dipping Sauce

- [ ] ½ cup sour cream
- [ ] 1 tbsp fresh chives, minced
- [ ] A pinch of salt

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.



2. In a shallow dish, combine almond flour, Parmesan, paprika, garlic powder, salt, and pepper.



3. In another bowl, whisk together eggs and apple cider vinegar.



4. Pat onion rings dry with paper towels, then dip each ring first in the egg mixture, letting excess drip off, and then coat in the almond flour blend.



5 Arrange coated rings on the prepared sheet, spacing them apart, and bake for 12 minutes.



6 Flip the rings, bake an additional 8-10 minutes until golden and crisp. Let cool for 2 minutes before serving.



Nutrition per serving

190 kcal	9 g	6 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a pinch of cayenne to the flour mixture.
- For extra crunch, toast the almond flour lightly before mixing.
- Use a silicone baking mat instead of parchment for easier cleanup.