

Choco Fever Dream

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
- [ ] 2 large eggs, beaten
- [ ] 1 cup almond flour
- [ ] ½ cup grated Parmesan cheese
- [ ] 1 tsp paprika
- [ ] ½ tsp garlic powder
- [ ] Salt and pepper to taste
- [ ] 2 tbsp olive oil, divided

Instructions

1. Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper and lightly spray with olive oil.
2. Separate the onion slices into individual rings and pat them dry with a clean kitchen towel.
3. In a shallow bowl, whisk the beaten eggs. In another bowl, combine almond flour, Parmesan, paprika, garlic powder, salt, and pepper.
4. Dip each onion ring first into the egg, letting excess drip off, then coat evenly with the almond-flour mixture. Place coated rings on the prepared sheet.
5. Lightly drizzle the remaining olive oil over the rings or spray with oil for extra crispness.
6. Bake for 12 minutes, flip each ring, then bake another 8-10 minutes until golden and crisp.
7. Remove from oven, let cool a minute, then serve warm with your favorite dip.

Nutrition per serving

210 kcal	8 g	6 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra crunch, add a second light coating after the first bake and return to the oven for 3-4 minutes.
- Make sure the onion rings are completely dry before coating; moisture hinders crispness.
- For a spicy twist, stir a pinch of cayenne into the almond-flour mixture.