

Treasure Barrel

Crispy Keto Onion Rings – No Breadcrumbs, No Frying

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 large sweet onions, sliced into 1/4-inch rings
- [ ] 2 large eggs, separated (use only the whites)
- [ ] 1 cup almond flour
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tsp lemon zest
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper

Optional Dipping Sauce

- [ ] 1/2 cup full-fat Greek yogurt
- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tsp lemon juice
- [ ] Pinch of garlic powder

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Separate the egg whites, whisk them with lemon zest, salt, and pepper until frothy.
3. Combine almond flour and Parmesan in a shallow bowl; stir to blend evenly.
4. Dip each onion ring into the egg mixture, letting excess drip off, then coat thoroughly in the almond-Parmesan blend.
5. Place coated rings on the prepared sheet, spacing them apart, and bake for 12-15 minutes, flipping halfway, until golden and crisp.
6. While the rings bake, mix the optional dipping sauce ingredients in a small bowl.
7. Remove the rings, let cool 2 minutes, then serve hot with the creamy dip.

Nutrition per serving

250 kcal	12 g	6 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the coating sticks unevenly, pat the onion rings dry before dipping.
- For extra crunch, sprinkle a tiny pinch of smoked paprika on the rings before baking.
- You can make a big batch and freeze uncooked rings; bake from frozen adding 2-3 minutes to the time.