

# Low Carb Onion Rings



Serves 4

Ingredients:

- 1 large onion
- 1 egg
- 1/4 cup almond flour
- 1/4 cup grated parmesan cheese
- 1/8 teaspoon garlic powder
- 1/4 teaspoon parsley flakes
- 1/4 teaspoon cayenne pepper
- salt to taste

Adapted from [IBreathelmHungry.com](http://IBreathelmHungry.com)

- 1/4 cup olive oil for frying

Instructions:

1. Heat the oil in a sauté pan over medium-high heat.
2. Meanwhile, beat the egg in a shallow bowl.
3. Combine the almond flour, parmesan, garlic powder, parsley flakes, cayenne and salt in a shallow bowl.
4. Slice up your onion to a thickness of about 1/2 to 3/4 of an inch and separate into rings.
5. Add the onion rings to the beaten egg and mix thoroughly so they are well coated. Soak the onions in the egg for at least a minute, and then in small batches dip in the coating and then into the hot oil.
6. Fry until golden brown and then turn with a fork or tongs to brown the other side.
7. Remove to a plate lined with paper towels to soak up any excess oil.
8. Serve with low-carb ketchup (recipe below) or the sauce of your choice.

Nutrition per serving: Calories 222; Total Fat 20.2 g; Saturated Fat 3.7 g; Monounsaturated Fat 13.1 g; Polyunsaturated Fat: 2.5 g; Total Carbohydrates 5.4 g; Dietary Fiber 1.3 g; Sugar Alcohols 0.1 g; Sugars 2.1 g; Protein 6.0 g; Sodium 154 mg

## Low-Carb Ketchup

Makes about 1 1/2 cups

Ingredients:

- 1 (28 ounce) can tomato puree

- 1/2 cup white vinegar
- 1/2 teaspoon celery salt
- 1/2 teaspoon cloves
- 1/4 teaspoon cayenne pepper
- 1/2 tablespoon dehydrated onions
- 1-inch piece cinnamon stick OR 1 teaspoon cinnamon
- 1 tablespoon low-carb sweetener

Instructions:

1. Add tomatoes, cayenne, and sweetener to a small saucepan and bring to boil. Reduce heat to a simmer until it reduces by half, about a half an hour; stir occasionally.
2. In another small saucepan, combine onion, vinegar, cinnamon, cloves, and celery salt. Bring to boil, remove from heat, and strain out solids.
3. Add strained vinegar and salt to tomato mixture. Simmer for 20 to 30 minutes or until ketchup is desired consistency.
4. For a smoother consistency, process in a blender.
5. Store in a clean glass jar for up to a month in the fridge.

Note:

\*You can add horseradish to make cocktail sauce, or add chopped pickles for Thousand Island dressing.

Nutrition per tablespoon: Calories 8; Total Fat 0.1 g; Saturated Fat 0.0 g; Monounsaturated Fat 0.1 g; Polyunsaturated Fat: 0.0 g; Total Carbohydrates 1.5 g; Dietary Fiber 0.7 g; Sugar Alcohols 0.0 g; Sugars 1.0 g; Protein 0.3 g; Sodium 70 mg