

Easy Keto Bacon Onion Rings

Hands-on 10 minutes Overall 40-50 minutes

Nutritional values (per serving, 3 rings): Total carbs: 3.3 g, Fiber: 0.7 g, **Net carbs: 2.6 g**,

Protein: 8.4 g, Fat: 26.1 g, Calories: 280 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 6 servings, about 18 rings)

2 to 3 large red onions, you'll only need the outer large rings (200 g/ 7.1 oz)

340 g thin cut bacon slices *or* pancetta (12 oz)

3 tbsp homemade Chimichurri Sauce (45 ml)

4 tbsp paleo mayonnaise (60 g/ 2.1 oz) - *you can make your own mayo*

Instructions

1. Peel and slice the onion into about 1 cm (1/2 inch) slabs. Separate the slabs into smaller rings that have two concentric rings of the onion together. To get about 200 g (7.1 oz) onion rings (to make 18 rings) you will need 2 to 3 large onions. Any ring sections that are too small can be stored in a ziploc bag in the fridge for another use.
2. Use a slice of bacon (or pancetta) at a time and wrap around the onion rings, following by more bacon to fully cover the ring (2 to 3 slices per ring in total). If you use pancetta, which is a thinner cut, you may need even more slices to wrap around each ring. The bacon will shrink as it bakes so make sure it overlap as you wrap it around the onion rings.
3. Place the rings in a baking tray lined with parchment paper. Place in a **cold** oven and turn it on to 190 °C/ 375 °F (fan assisted), or 210 °C/ 410 °F (conventional).
4. Bake for 30 to 40 minutes, flipping the bacon rings half way through the baking process with a spatula. Place back into the oven but this time also turn the baking tray. (Note: If you use pancetta which is thinner, check my baking tips in the post above.)
5. Meanwhile, prepare the homemade Chimichurri Sauce (it will only take 5 minutes). Mix the chimichurri with the mayonnaise.
6. Remove the bacon rings from the oven and let it cool down for a few minutes before serving with the prepared Chimichurri Mayonnaise.
7. Serve warm or store in the fridge for up to 3 days. Reheat in the microwave or in the oven before serving. The Chimichurri Mayonnaise can be kept in the fridge in a sealed jar for up to 5 days.

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