



Air Fried Crispy Onion

Description

Follow this super easy recipe to prepare air fryer crispy onions at home. There is no need to deep fry onions in a ton of oil to get the crispy caramelized taste and texture. A healthy alternative to deep-fried onions to use in different dishes like Indian biryanis, curries, soups, or salads.

Equipment

- Air Fryer
- Mandolin Slicer

Ingredients

- 2 medium to large yellow onions or around 1 lb
- 1 tablespoon cooking oil

Instructions

- Peel and cut the onion into thin round slices.
- Drizzle oil over the slices and then gently separate the rings.
- Place the onion rings in the air fryer basket. Fry them initially at 300F for 10 min. Gently mix the rings at 5 min intervals.
- Now lower the temperature down to 240F and continue heating the rings. After every 5 min gently mixes the rings. It will take 15-18 min @240F to get the desired color and texture

Notes

1. You may use either red or yellow onion. However, note that the red onion would result in a darker color of the fried onion.
2. Cooking times may vary depending on the quantity of the onion in the air fryer. The time stated above is for ~1 lb onion. If you have a slightly larger batch, simply keep frying and checking every 5 min interval at 240F till you get the desired color and texture

Nutrition

Calories: 200kcal | Carbohydrates: 43.2g | Protein: 5.2g | Fat: 2.2g | Saturated Fat: 0.4g | Potassium: 707mg | Fiber: 10.3g | Sugar: 19.3g | Calcium: 105mg | Iron: 1mg

Category

1. Air Fryer Recipes

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