**CRISPY AIR FRYER ONION RINGS RECIPE**

**Created by: Gloria | Homemade & Yummy © Visit :** <https://homemadeandyummy.com/air-fryer-onion-rings/>

COURSE: APPETIZER

CUISINE: CANADIAN

KEYWORD: AIR FRYER RECIPE

PREP TIME: 1 HOUR // COOK TIME: 12 MINUTES // TOTAL TIME: 1 HOUR 12 MINUTES

SERVINGS: 4 SERVINGS // CALORIES: 506

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These **Crispy Air Fryer Onion Rings** are crispiest the onion rings you have ever tried. THE BEST!

**INGREDIENTS**

* 13 ounce red onion (I very large onion) - Can Use Spanish, Sweet White, Vidalia or Red (the variety used in this recipe)
* 2 cups all-purpose flour
* 6 eggs
* 2 1/2 cups panko breadcrumbs
* 1/4 cup Frank's Seasoning (optional)

**INSTRUCTIONS**

**FOR THE ONION RINGS:**

* Peel and cut the onion crosswise into thick slices (approx. 3/4 inch thickness), then separate the slices into rings.
* Get 3 shallow bowls.
* Place the flour in one bowl, the beaten eggs in another bowl, and the breadcrumbs in the last bowl.
* Divide Frank's seasoning evenly between the bowls, and mix to combine.

**TO COAT:**

* For EACH ring dip and coat in this order:

Egg mixture

Flour mixture

Egg mixture (this is the second time in egg)

Flour mixture (this is the second time in flour)

Egg mixture (this is the third time in egg)

Finally, in the breadcrumbs (press to coat nicely)

* Place ALL the coated onion rings on a metal baking sheet, and put in the freezer for at least 30 minutes.
 **\*\*NOTE\*\***You can actually do this up to a week in advance.

**TO AIR FRY:**

* Preheat your air fryer to 375º F.
* Remove onion rings from the freezer.
* Place the onion rings in a single layer in your air fryer container. Spray lightly with cooking spray.
* Fry for approximately 10-12 minutes (turning over at the halfway point).
* Onion rings are ready when they are tender, golden brown and crispy.
* ENJOY!

**NOTES**

The Frank's Seasoning is rather salty. If you are worried about sodium intake, reduce the amount, leave it out or replace it with something less salty.

**Tried this recipe?**

Let me know by leaving a comment and rating the recipe below! ALSO take a picture and tag @homemadeandyummy and #homemadeandyummy on Facebook. YOU could be featured in my WEEKLY NEWSLETTER!

**NUTRITION**

Calories: 506kcal | Carbohydrates: 83g | Protein: 20g | Fat: 8g | Saturated Fat: 2g | Cholesterol: 245mg | Sodium: 3848mg
Potassium: 365mg | Fiber: 4g | Sugar: 6g | Vitamin A: 355IU | Vitamin C: 6.8mg | Calcium: 136mg | Iron: 6.1mg

Nutritional information on this site is generated via a plugin. I am not responsible for the accuracy of the plugin information.