

Extracted from - <https://www.spendwithpennies.com/air-fryer-onion-rings/>

Air Fryer Crispy Onion Rings

Perfectly crispy air fryer onion rings are way better than the frozen variety (and easy to make)!

Satisfy your craving and skip the takeout (and the extra fat). Onion rings aren't difficult and taste amazing.



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Air Fryer Onion Rings

Finally, we can enjoy crispy, crunchy onion rings without a vat of oil!

We love air fryer recipes because they come out so crispy and are so easy to make! The air fryer needs less oil, creates fewer fat calories, and plus it takes less time. What's not to love?



Ingredients

ONIONS We like large, sweet onions like Vidalias, but if Walla Wallas are available, those are the best!

FLOUR This simple dredge adds seasoning but most of all helps the coating stick to the onions.

BUTTERMILK & EGG This helps the crumbs stick. If you don't have buttermilk, cream or milk will work.

PANKO Panko bread crumbs have more crunch for a crispy coating. If you only have regular bread crumbs, those work too.



How to Make Air Fryer Onion Rings

Make a double batch of these beauties, because you can be sure that they will disappear in no time!

1. Cut onions into ½ inch slices and separate the rings.
2. Combine flour, seasoned salt, & cayenne pepper in a small bowl. Set aside.
3. Whisk eggs in another bowl until they are frothy. Stir breadcrumbs, oil, & cornmeal in another bowl.
4. Dip each ring into eggs, flour, eggs, breadcrumbs, then place in the preheated air fryer.



5. Fry rings in a single layer until golden brown & crispy on the outside, about 12 to 15 minutes.
6. Remove onion rings from the air fryer & sprinkle with seasoned salt or sauce. Serve immediately.

Can you Freeze Onion Rings?

Freeze cooked and cooled onion rings in a zippered bag with the date labeled on the outside. They'll keep fresh for up to 8 weeks in the freezer.

Cook from frozen in the air fryer.

