

LIGHTLY PROCESSED

90
HEALTH SCORE

#1. HOMEMADE BAKED ONION RINGS RECIPE INGREDIENTS

✓ VERIFIED CLEAN

SCANNED: 8/27/2026, 6:29:33 PM

"This is a nutrient-dense, low-carb recipe made from whole food ingredients, almond flour, and real seasonings. It provides a low glycemic impact with healthy fats and fiber, but contains common allergens including tree nuts, eggs, and dairy."

Wholesome Alternative: This clean homemade recipe is already an excellent alternative to standard deep-fried refined-flour onion rings.

⚡ **HARDWARE TRIGGERS & LED STATUS ARRAY**

0 Active Triggers

🔥 **HIGH SUGAR**
>10g added sugar / High-Fructose Corn Syrup ● INACTIVE

🧪 **SYNTHETIC DYES**
Red 40, Yellow 5/6, Blue 1/2 ● INACTIVE

⚠️ **TRANS FATS**
Partially hydrogenated oils ● INACTIVE

🧴 **CHEMICAL PRESERVATIVES**
BHA, BHT, TBHQ, Nitrites, Nitrates ● INACTIVE

🍬 **ARTIFICIAL SWEETENERS**
Aspartame, Sucralose, Ace-K ● INACTIVE

🧂 **HIGH SODIUM**
>460mg sodium per serving ● INACTIVE

⚡ **HIGH PROTEIN DETECTED**
≥10g protein or whole protein source ⚡ ACTIVE

COMMON ALLERGENS AUDIT

⚠️ **DAIRY**

✓ SOY

✓ GLUTEN

✓ PEANUTS

⚠️ **TREE NUTS**

✓ SHELLFISH

⚠️ **EGGS**

ARTIFICIAL ADDITIVES, DYES & PRESERVATIVES (0)

✓ No synthetic food dyes, artificial preservatives, or HFCS detected.

HIDDEN SUGARS & SODIUM ALERTS (0)

✓ No high-fructose corn syrup or excess sodium flags detected.

💧 **LOGGED BLOOD GLUCOSE TEST HISTORY**

3 READINGS

Timestamp	Blood Glucose	Context	Meal / Notes	Status
8/27/2026 06:39 AM	121 mg/dL (6.7 mmol/L)	Fasting	Manual Meal / Beverage Log	ELEVATED
8/26/2026 07:15 PM	124 mg/dL (6.9 mmol/L)	2h Post-Meal	salad with olives, egg, onions, one sausage brott	ELEVATED
8/26/2026 07:14 PM	188 mg/dL (10.4 mmol/L)	2h Post-Meal	Lunch corn dogs and sticky rice	HIGH SPIKE

EXTRACTED INGREDIENTS LIST (11 TOTAL)

SWEET ONIONS

BLANCHED ALMOND FLOUR *

GRATED PARMESAN CHEESE *

EGGS *

MILK *

GARLIC POWDER

PAPRIKA

ONION POWDER

SEA SALT

BLACK PEPPER

OLIVE OIL SPRAY