



Instant Pot Air Fryer Keto Mozzarella Sticks

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

472.1 calories, 5.02 g carbohydrate, 1.7 g fiber, 3.32 g NET carbs, 44.42 g protein, 31.96 g fat

Ingredients

- 1/2 cup(s) almond flour
- 12 Tbsp(s) Pork Panko
- 1 large egg
- 1 tsp garlic powder
- 1 Tbsp parsley flakes
- 8 stick(s) mozzarella cheese

Preparation

1. Add the almond flour, garlic powder, parsley, salt and pepper to a shallow bowl. Stir to mix well.
2. Add the beaten egg to another shallow bowl. And finally add the pork panko to another shallow bowl.
3. Slice the mozzarella string cheese sticks in half lengthwise.
4. Roll each cheese stick into the almond flour mixture, then into the egg and finally dredging in the pork panko.
5. Place the breaded cheese sticks onto a parchment lined tray. Transfer to the freezer for a minimum of 2 hours. This will help the cheese sticks get a crunchy fried coating before melting too fast.
6. Preheat the air fryer to 400 degrees. Place the frozen cheese sticks onto a rack in the air fryer.
7. Cook for 6-8 minutes until browned and softened. Serve immediately.

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