



Air Fryer Keto Zucchini Fries

Active Time: 5 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

135.8 calories, 5.99 g carbohydrate, 2.15 g fiber, 3.84 g NET carbs, 9.31 g protein, 9.04 g fat

Ingredients

- 1/3 cup(s) almond flour
- 1 tsp Italian seasoning
- 1 spray Chosen Foods 100% Pure Avocado Oil Spray
- 2 medium(s) zucchinis
- 1 large egg
- 1/2 cup(s) Parmesan cheese, grated
- 1/2 tsp(s) garlic powder
- 1/4 tsp(s) sea salt
- 1/4 tsp(s) black pepper

Preparation

1. Prepare Air Fryer basket or trays.
2. Slice the zucchini in half lengthwise. Then cut into sticks about $\frac{1}{2}$ inch thick and 4 inches long.
3. In a wide shallow bowl, combine the almond flour, parmesan, Italian seasoning, garlic powder, sea salt, and black pepper. Stir to combine.
4. In a separate bowl, whisk the egg until beaten.
5. Dredge the zucchini sticks in the egg wash and then coat with the almond flour mixture. Place on a plate.
6. Generously spray the zucchini sticks with cooking spray.
7. Place the zucchini fries in a single layer in the air fryer and air fry at 400 degrees F for 10 minutes or until crisp and golden.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.