



## 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 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.

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