



Air Fryer Cauliflower Parmesan Bites

Active Time: 10 minutes | **Total Time:** 15 minutes | **Serves:** 8

Nutrition Information Per Serving

253.7 calories, 2.78 g carbohydrate, 1.25 g fiber, 1.53 g NET carbs, 19.97 g protein, 19.2 g fat

Ingredients

- 16 Tbsp(s) Pork Panko
- 3 tsp(s) Italian seasoning
- 1 spray Chosen Foods 100% Pure Avocado Oil Spray
- 1/4 cup(s) Parmesan cheese, grated
- 1/3 cup(s) butter, melted
- 4 cup(s) cauliflower florets

Preparation

1. Preheat Air Fryer to 400 F. In a large bowl combine the Pork Panko, Parmesan cheese, and Italian seasoning.
2. Working in batches, dip cauliflower into melted butter, then dredge in panko mixture, pressing to coat.
3. Transfer the coated cauliflower to the Air Fryer Basket in a single layer. Spray with cooking spray.
4. Air fry for 7 minutes. Turn the cauliflower and cook for 2 more minutes or until desire crisp.
5. Repeat with remaining cauliflower florets.

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