



## 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.

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.