



Air Fryer Bacon Brussels Sprouts

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 8

Nutrition Information Per Serving

111.9 calories, 10.59 g carbohydrate, 4.35 g fiber, 6.24 g NET carbs, 5.85 g protein, 6.27 g fat

Ingredients

- 2 pound(s) Brussels sprouts, quartered
- 1 Tbsp olive oil
- 4/5 ounce(s) Parmesan cheese, grated
- 6 slice(s) bacon, cooked
- 1 tsp garlic powder
- 1 tsp sea salt

Preparation

1. In a medium bowl, toss the Brussels sprouts with the olive oil, garlic, salt and Parmesan cheese.
2. Place Brussels sprouts into an air fryer basket in a single layer.
3. Set air fryer to 390 degrees F and cook for 12 minutes. At a 6 minutes, check the spouts and shake to ensure all sides get crisp.
4. Add the bacon to the Brussels sprouts and air fry for another 3 minutes.

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