

Air Fried Mac and Cheese Bites are an easy, delicious appetizer that your family will love! Made with just a few simple ingredients, these cheesy morsels are a wonderful way to add some comfort food flavor to your dining table.

Table of Contents



- Ingredients
- Instructions
- Equipment
- Nutrition

Ingredients

- 2 cups macaroni and cheese, cooked, and cold
- 1 large egg
- 1 cup breadcrumbs, seasoned

Instructions

1. Take a small scoop of your mac & cheese. Are used a cookie scoop, but you can use a measuring spoon or a regular spoon. Roll the mac & cheese into a ball using the palms of your hands.
2. Dip your mac & cheese balls into the egg mixture, followed by coating it in the breadcrumbs.
3. Place your mac & cheese balls into your air fryer.
4. Set your air fryer to 380 degrees F, and cook for eight minutes, or until they are slightly browned
5. Enjoy with your favorite dipping sauce.

Equipment

- Air Fryer
- Cooking Spray, or Parchment Paper

Nutrition

Serving: 1gCalories: 260kcalCarbohydrates: 37gProtein: 10gFat: 8gSaturated
Fat: 0.4gPolyunsaturated Fat: 0.4gMonounsaturated Fat: 0.4gTrans
Fat: 0.003gCholesterol: 23mgSodium: 561mgPotassium: 152mgFiber: 1gSugar: 1gVitamin
A: 34IUCalcium: 114mgIron: 2mg