**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.

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## **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: 114mglron: 2mg