Air Fryer Hasselback Potatoes

Table of Contents

- Ingredients:
- Instructions:
- Nutritional Information (Approximate Values Per Serving – Recipe Makes about 4 Servings):

Ingredients:

- 4 medium-sized potatoes (e.g., Russet or Yukon Gold)
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional toppings: minced garlic, grated Parmesan, chopped herbs (e.g., rosemary or thyme)

Instructions:

1. Preheat Air Fryer:
    - Preheat your air fryer to 400°F (200°C).
2. Prepare Potatoes:
    - Scrub and wash the potatoes thoroughly.
    - Place a potato on a cutting board and make thin, evenly spaced slices along the length of the potato, being careful not to cut all the way through. You can use chopsticks or wooden spoons on either side of the potato to prevent cutting through.
3. Season Potatoes:
    - Drizzle olive oil over the potatoes, ensuring it gets into the slices.
    - Season with salt and pepper. You can also add optional toppings like minced garlic, grated Parmesan, or chopped herbs.
4. Air Fry:
    - Place the prepared potatoes in the air fryer basket.
    - Cook for about 25-30 minutes, or until the potatoes are golden brown and crispy on the outside. The exact time may vary based on your specific air fryer model and the size of the potatoes.

5. Serve:
    - Serve the Hasselback potatoes hot, optionally garnished with additional herbs or toppings.

Nutritional Information (Approximate Values Per Serving – Recipe Makes about 4 Servings):

- Calories: Around 200-250 kcal
- Total Fat: 7-10g
    - Saturated Fat: 1-2g
    - Monounsaturated Fat: 5-7g
    - Polyunsaturated Fat: 1g
- Sodium: 300-400mg
- Total Carbohydrates: 30-35g
    - Dietary Fiber: 4-6g
    - Sugars: 2-3g
- Protein: 3-5g