Discover how to make a baked potato in the air fryer with a perfectly crispy skin and fluffy interior! Top it off with butter, cheese, and bacon for a fully loaded treat, or enjoy it plain for a simpler option.

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Ingredients

- 4 Russet potatoes
- 2 tablespoons oil
- 2 teaspoons sea salt

Instructions

- The first step is to prepare the potatoes. Start by washing them thoroughly with cold water and a vegetable brush.
- Remove all dirt and debris, and dry the potato skins with a paper towel. Then, prick each potato several times with a fork. This will help steam escape as they cook in the air fryer and give you a crispy-skinned result.
- Next, brush each potato with oil and sprinkle it with salt. This will add flavor and help the potatoes get nice and crispy in the air fryer
- Place the potatoes into your air fryer basket, leaving enough room between them for even cooking. Set the fryer temperature to 400°F and cook time for 25 30 minutes. Remove when fork tender and golden brown.

Equipment

- Air Fryer
- Cooking Spray
- Parchment Paper, optional

Nutrition

Serving: 1ServingCalories: 230kcalCarbohydrates: 38gProtein: 5gFat: 7gSaturated Fat: 1gPolyunsaturated Fat: 2gMonounsaturated Fat: 4gTrans Fat: 0.03gSodium: 1173mgPotassium: 888mgFiber: 3gSugar: 1gVitamin A: 2IUVitamin C: 12mgCalcium: 28mgIron: 2mg