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Description

Satisfy your craving for cheesy, savory pizza without all the extra carbs! These Crispy Air Fryer Pizza Roll-Ups deliver a perfect crunchy exterior wrapped around melted mozzarella, turkey pepperoni, and rich marinara sauce. It is the ultimate quick low-carb meal that packs a high protein punch to keep you energized and satisfied throughout the day.

Can This Air Fryer Pizza Roll-Up Recipe Support Weight Loss Goals?

Yes, this recipe can fit seamlessly into a weight loss plan because it replaces traditional high-carb pizza dough with high-protein, low-carb wraps or low-carb tortillas. By combining protein-dense turkey pepperoni and mozzarella cheese, these roll-ups promote satiety, keeping you fuller for longer and helping reduce overall calorie intake throughout the day.

Does Air Fryer Pizza Roll-Ups Fit a High Protein Lifestyle?

This recipe is an excellent choice for a high protein lifestyle, yielding around 18-22 grams of protein per serving depending on your chosen wrap brand. By using low-carb tortillas, skim or

part-skim mozzarella cheese, and lean turkey pepperoni, you get a warm, cheesy comfort food that keeps net carbs low while fueling your daily muscle-recovery and nutritional goals.

My Personal Experience

- Ultra-Fast Cleanup and Preparation

Prepping these roll-ups takes less than five minutes, and using the air fryer ensures almost zero pan scrubbing afterward.

- Incredible Crispy Texture

The air fryer circulates hot air to make the tortilla shell super golden and crunchy, mimicking deep-fried pizza bites without the added oil.

- Customizable Filling Options

Swapping standard pepperoni for turkey pepperoni cut down excess grease while keeping the rich, authentic pizza flavor intact.

Perfect For:

- High protein snacks to crush afternoon food cravings fast.
- Quick low-carb recipes for busy weeknight dinners or lunch boxes.
- Post-workout meal prep when you need quick carbs and protein.
- Game-day appetizers or movie night treats that fit low-carb and keto-friendly diet plans.

Why You'll Love This Recipe:

- Craving Satisfaction in Minutes

Get the exact taste and comfort of fresh pepperoni pizza in under ten minutes total kitchen time.

- Low-Carb and Macro-Friendly

Uses smart ingredient swaps so you can enjoy savory comfort food without spiking your daily net carb intake.

- Kid and Family Approved

Simple assembly makes this a huge hit for picky eaters and fun for kids to make alongside you.

Common Mistakes to Avoid:

- Overfilling the Wraps: Putting too much sauce or cheese will cause the fillings to leak out during air frying, making a soggy mess.
- Skipping the Toothpick: Forgetting to secure the rolled wrap can cause the top seam to unroll due to the strong circulating fan in the air fryer.
- Overcrowding the Basket: Placing roll-ups too close together blocks air flow, resulting in soft spots instead of an even, golden crunch.
- Using Too Much Sauce Inside: Applying sauce too heavily inside the tortilla makes the base soggy; save extra marinara for dipping!

Required Equipment:

- Air Fryer — Ensures rapid hot air circulation for an evenly golden, extra-crispy exterior without deep frying.
- Wooden Toothpicks — Holds the roll-ups tightly together so they do not unroll during the high-speed air frying cycle.
- Pastry Brush or Cooking Spray — Applies a thin layer of olive oil spray to promote rich

browning and crispiness.

- Silicone Tongs — Safely removes hot roll-ups from the air fryer basket without tearing the crispy tortilla shell.

Storage Instructions:

Store cooled leftover pizza roll-ups in an airtight container lined with a paper towel in the refrigerator for up to 3–4 days. For longer storage, freeze them on a baking sheet before transferring to a freezer-safe zip bag for up to 2 months. Reheat directly in the air fryer to restore full crispness while keeping the high protein filling hot and gooey.

Recipe Details

- Preparation Time: 5 minutes
- Cooking Time: 6 minutes
- Total Time: 11 minutes
- Servings: 2
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): Approximately 240 calories

This fast and delicious recipe delivers all the classic flavors of a pizza bite with a lighter, macro-friendly twist. With a golden crunchy shell and gooey mozzarella center, it is guaranteed to become your favorite quick bite.

□ Ingredients:

- 2 large Low-Carb High-Protein Tortillas (*or keto wraps*)

- 1/2 cup Shredded Part-Skim Mozzarella Cheese
- 16 slices Turkey Pepperoni (*leaner alternative to pork pepperoni*)
- 2 tablespoons Sugar-Free Marinara Sauce (*plus extra for dipping*)
- 1/2 teaspoon Italian Seasoning
- Cooking spray or olive oil mister

Directions:

1. **Prep the Wraps:** Lay the two tortillas flat on a clean surface; spread 1 tablespoon of sugar-free marinara sauce thinly over each wrap, leaving a 1/2-inch border around the edges.
2. **Layer the Fillings:** Divide the turkey pepperoni and shredded mozzarella cheese evenly across both tortillas, then sprinkle with Italian seasoning.
3. **Roll and Secure:** Roll each tortilla tightly into a log, tucking the sides slightly if desired, and insert 2-3 wooden toothpicks into each roll to keep the seam intact.
4. **Air Fry to Perfection:** Lightly spray the air fryer basket with oil spray, place roll-ups inside with space between them, and air fry at 375°F (190°C) for 5-6 minutes until golden brown and the cheese is melted and bubbling.
5. **Cool and Serve:** Carefully remove with silicone tongs, remove the toothpicks, allow them to cool for 1-2 minutes, and serve warm with extra warm marinara for dipping.

Nutrition Facts (Per Serving - Approximate):

- Calories: 240 kcal
- Fats: 11 g

- Cholesterol: 35 mg
- Sodium: 580 mg
- Potassium: 180 mg
- Total Carbohydrates: 14 g
- Fiber: 10 g
- Net Carbs: 4 g
- Sugars: 1 g
- Protein: 21 g
- Calcium: 250 mg

Notes:

- Storage & Reheating: Reheat refrigerated roll-ups in the air fryer at 350°F for 2-3 minutes to regain crispness; microwave heating is not recommended as it makes them chewy.
- Flavor Boosts: Add a pinch of red pepper flakes, garlic powder, or fresh basil leaves before rolling for an extra flavor kick.
- Allergy Note: Ensure gluten-free low-carb wraps are used if catering to a gluten-sensitive diet, or sub dairy-free cheese if lactose intolerant.