

Air Fryer Brussel Sprouts

PREP TIME	10 minutes
COOK TIME	7 minutes
TOTAL TIME	12 minutes
SERVINGS	4 servings
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★★★★★
5 from 8 votes

With a pleasantly chewy texture and a hint of crispness at the edges!

Ingredients

- 1 pound brussels sprouts halved, or quartered if extra large
- 1 tablespoon olive oil
- salt and pepper to taste

Instructions

1. Toss brussels sprouts with olive oil, salt, and pepper.
2. Cook in the Air Fryer at 375°F for 4 minutes.
3. Shake and cook for an additional 3 minutes, or just until tender.

Notes

Select Brussels sprouts that are similar in size. If you have some smaller and some larger, cut the larger ones in half.

Add any kind of seasonings you like. We love cajun seasoning and garlic powder.

A sprinkle of parmesan or a drizzle of balsamic glaze is great on these sprouts after they come out of the air fryer.

Nutrition Information

Calories: 80, Carbohydrates: 10g, Protein: 4g, Fat: 4g, Saturated Fat: 1g, Sodium: 28mg, Potassium: 441mg, Fiber: 4g, Sugar: 2g, Vitamin A: 855IU, Vitamin C: 96mg, Calcium: 48mg, Iron: 2mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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