

Air Fryer Chicken Parmesan Meatballs

Oshkosh Community YMCA

These Air Fryer Chicken Parmesan Meatballs are the most delicious low carb appetizers. They are crispy on the outside & tender in the middle!

INGREDIENTS:

- 2 lbs Ground Chicken
- 2 cups Pork Rinds
- 1 cup Grated Parmesan Cheese
- 2 Tbsp Parsley
- 1 tbsp Italian Seasoning
- 1 tsp Salt
- 1 tsp Garlic Powder
- 1/2 tsp Pepper Flakes
- 1 cup Marinara Sauce for dipping



INSTRUCTIONS:

1. Add the pork rinds to your food processor and grind until they are a breadcrumb like texture
2. Add the ground chicken to a large bowl with 1 cup pork rind breadcrumbs and remaining ingredients (except marinara) Use hands to thoroughly mix the ingredients together
3. Then use a cookie dough scoop to scoop out the ground chicken mixture and use hands to roll into balls. Place the meatballs in an even layer in your air fryer basket (might have to cook in batches depending on the size of your air fryer)
4. Cook at 375' for 12-15 minutes, shaking the basket halfway through – internal temp should be 165'
5. Top with fresh parsley and serve with a side of marinara sauce for dipping. Enjoy!

NUTRITION

Calories: 102kcal Carbohydrates: 2g Protein: 15g Fat: 8g
Saturated Fat: 3g Trans Fat: 1g Cholesterol: 58mg
Sodium: 421mg Potassium: 365mg Fiber: 1g Vitamin A: 188IU
Vitamin C: 2mg Calcium: 82mg Iron: 1mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.