



Air Fried Babybel Cheese

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## Air Fried Babybel Cheese

Air-fried Babybel Cheese offers an ideal appetizer option, ideal for sharing with loved ones!

### INGREDIENTS

- 1 package of Babybel cheese
- ½ cup of all-purpose flour
- 2 large eggs, whisked
- 1 cup of Italian seasoned breadcrumbs

### INSTRUCTIONS

- Remove the wrapper and wax packaging from each piece of cheese, then set them aside.
- Prepare three separate dipping stations using shallow bowls. In the first bowl, place the flour. In the second bowl, whisk the eggs together. And in the third bowl, place the breadcrumbs.
- Dip each piece of cheese into the flour until lightly coated. Then, dip the coated cheese into the whisked eggs, ensuring it's coated enough for the breadcrumbs to stick.
- Finally, dip the cheese into the breadcrumbs until well coated. Repeat this process for all cheese rounds. You can double dip into the breadcrumbs for extra coating to prevent the cheese from melting out.
- Lightly spritz both sides of the cheese and then place them in an air fryer basket, ensuring they are not touching or overlapping (you may need to work in batches).
- Air fry at 380 degrees F for 8-10 minutes, turning halfway through the cooking time, until the coating is golden brown.
- Remove the cheese from the air fryer and serve warm. Enjoy!

## NOTES

### Variations

1. Enhance the crispy coating: Elevating the crunch factor is easy – just incorporate parmesan cheese into the breadcrumb blend! For an extra burst of flavor, throw in some parsley flakes. It's a straightforward method to introduce a range of tastes.
2. Infuse with seasonings: Elevate the cheesy snack experience by incorporating flavors like garlic powder. It brings delightful bursts of taste to the mix!
3. Switch up the crispy coating: To elevate the flavor profile even further, consider alternatives to Italian breadcrumbs. Experiment with crushed chili heatwave Doritos, panko breadcrumbs, or any other ingredient that can enhance taste and flavor.

### NUTRITION

- Energy: 69 calories
- Carbohydrates: 11 grams
- Protein: 3 grams
- Fat: 1 gram
  - Saturated Fat: 0.4 grams
  - Polyunsaturated Fat: 0.4 grams
  - Monounsaturated Fat: 0.4 grams
  - Trans Fat: 0.003 grams
- Cholesterol: 31 milligrams
- Sodium: 146 milligrams
- Potassium: 40 milligrams
- Dietary Fiber: 1 gram
- Sugars: 1 gram
- Vitamin A: 64 IU
- Vitamin C: 0.3 milligrams
- Calcium: 24 milligrams
- Iron: 1 milligram