Air Fryer Pumpkin Seeds are cooked and seasoned fresh pumpkin seeds in an air fryer for a quick and easy Fall snack in minutes.
Prep Time 5 minutes mins
Cook Time 15 minutes mins
Additional Cooking Time 3 minutes mins
Total Time 23 minutes mins

Table of Contents

- Ingredients
- Instructions
- Nutrition

Ingredients

- 1 cup Pumpkin seeds
- 1 1/2 tsp Butter or olive oil
- ¼ tsp Garlic powder
- ¼ tsp Salt
- ⅛ tsp Black Pepper

Instructions

1. Clean the Pumpkin – Remove the top of the pumpkin using a sharp knife and by cutting a circle around the stem. Use a spoon to scrape the pulp and seeds from the inside of the pumpkin. Add the pulp and seeds into a bowl of water.
2. Clean the Seeds – Separate the pulp from the seeds and use a colander to rinse the seeds with cold water.
3. Start out by making sure that the pumpkin seeds are completely dry.
4. Transfer the dried pumpkin seeds to a bowl. Add melted butter along with the seasoning. Mix well until all the seeds are completly coated.

5. Spread the seeds in the fryer basket evenly. Cook at 360F for 10-15 minutes. Shake the basket to move the seeds around half way through for even roasting.
6. After the seeds are done, check whether the seeds are crisp to your liking. If not, air fry them for additional 3-5 minutes.
7. Let them cool, adjust the seasoning to your taste and enjoy the snack.

Nutrition

Calories: 415kcal | Carbohydrates: 8g | Protein: 20g | Fat: 37g | Saturated Fat: 9g | Polyunsaturated Fat: 14g | Monounsaturated Fat: 12g | Trans Fat: 0.3g | Cholesterol: 16mg | Sodium: 635mg | Potassium: 532mg | Fiber: 4g | Sugar: 1g | Vitamin A: 199IU | Vitamin C: 1mg | Calcium: 33mg | Iron: 6mg