



Air-Fryer Crispy Cheese Bites



1/6th of recipe (1 cheese bite): 82 calories, 4g total fat (2g sat. fat), 189mg sodium, 4g carbs, 0.5g fiber, 0g sugars, 7g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1 tbsp. flour
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
3/4 oz. (about 7) flavored tortilla chips, crushed
6 pieces Mini Babybel Light cheese

Directions

Place flour, egg whites/substitute, and crushed chips in 3 separate small bowls.

Coat one cheese piece in flour. Add to the bowl of egg whites/substitute, and gently shake to remove excess egg. Coat with crushed chips. Repeat with remaining ingredients.

Place coated cheese pieces in the air fryer in a single layer. Set air fryer to 375 degrees (or nearest degree). Cook until golden brown, about 7 minutes.

MAKES 6 SERVINGS

HG FYI: We used all-purpose white flour and tortilla chips, but feel free to use whatever flour and chips you have on hand!

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.