



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



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

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!

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.