



Air-Fryer Lemon Parm Broccoli



1/2 of recipe (about 1 3/4 cups): 178 calories, 10g total fat (2.5g sat. fat), 303mg sodium, 15.5g carbs, 4g fiber, 4g sugars, 10g protein

[Click for WW Points® value*](#)

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



More: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

12 oz. (about 5 cups) broccoli florets
1 tbsp. olive oil
2 tbsp. grated Parmesan cheese
1/2 tsp. [lemon pepper](#)
1/4 tsp. garlic powder

Directions

Place broccoli in a large bowl. Add oil, and toss to coat. Sprinkle with remaining ingredients, and toss to coat.

Place 2 tbsp. water in the base of an air fryer. (This will prevent smoking.)

Spray air fryer basket with non-aerosol nonstick spray (or [use a liner like this one](#)).

Place broccoli in the air fryer. Set air fryer to 400°F. Cook until tender on the inside and crispy on the outside, about 10 minutes, flipping halfway through if needed.

MAKES 2 SERVINGS

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

We may have received free product samples, 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. For those on the Diabetic Plan, values may vary.

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.