



Air-Fryer Mini Sweet Peppers



Entire recipe: 60 calories, 0.5g total fat (0g sat. fat), 296mg sodium, 14.5g carbs, 5g fiber, 9.5g sugars, 2g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

- 8 oz. (about 12) mini sweet peppers
- 1/8 tsp. salt
- Optional: hummus, other dips, etc. (See below for more topping ideas!)

Directions

Spray an air fryer with non-aerosol nonstick spray (or use a liner made of [parchment paper](#) or [silicone](#)).

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