



Air-Fryer Pizza Sticks



1/6th of recipe (1 stick): 127 calories, 3.5g total fat (1.5g sat. fat), 377mg sodium, 14g carbs, 0.5g fiber, 0.5g sugars, 10g protein

[Click for WW Points® value*](#)

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



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

Ingredients

6 egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)
12 slices (about 3/4 oz.) turkey pepperoni
6 sticks light string cheese
Optional dip: marinara sauce

Directions

Lay an egg roll wrapper flat on a dry surface. Place 2 pepperoni slices side by side, a little below the center. Top with a stick of string cheese. Moisten wrapper edges with water. Fold the sides in toward the middle, and roll up tightly around the string cheese. Seal with a dab of water. Repeat with remaining ingredients.

Spray with nonstick spray, and place in the air fryer in a single layer. (If they don't all fit, save for a second batch.)

Set air fryer to 360 degrees (or nearest degree). Cook until golden brown, 6 - 8 minutes.

MAKES 6 SERVINGS

Oven Alternative: Bake at 375 degrees until golden brown, about 15 minutes. (Keep an eye on them... If they cook too long, they may become "Exploding Pizza Sticks!")

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.