

# AIR FRYER CHEESEBURGER BITES



SERVES

0



METHOD

AIR FRYER



MINUTES

16



## INGREDIENTS

- 2 lb lean ground beef
- 2 string cheeses cut into 48 pieces
- Salt & pepper to taste
- 1 egg
- 1/4 cup milk
- 1/2 cup kodiak mix
- 1/2 cup Panko breadcrumbs

## DIRECTIONS

- Separate ground beef into 12 even patty's and season to taste
- Push 4 pieces of string cheese into each patty
- Pre heat air fryer to 390 for 5 min
- In a small bowl whisk egg and milk together. In a medium bowl mix kodiak and panko together.
- Lightly spray the air fryer basket with nonstick spray and take each burger through the egg mix and then the flour mix. Be sure to shake off excess egg before flour and shake off excess flour before placing it in the basket.
- Don't crowd your burgers in the basket. I did 3 sets of 4 burgers each.
- Air fry each set of burgers at 390 for about 11 minutes, flipping halfway through.
- Remove, dip, devour!

## MACROS

\*\*macros accounted for are less the milk mix and flour mix leftover after dipping.

CALORIES

146

PROTEIN

19G

CARBS

4G

FATS

5G