

Crispy Air Fryer Bacon Rolls

KETO FRIENDLY | GLUTEN FREE | NO ADDED SUGAR

Bacon Rolls



Prep: 10 min

Cook: 10-15 min

Serves: 2-4

Temp: 390 F

INGREDIENTS

Thick-cut bacon slices

INSTRUCTIONS

Roll up thick-cut bacon slices tightly. Place in the air fryer basket with space around each roll. Air fry at 390 F until crisp. Turn if needed for even cooking. Serve hot.

VICTORIA'S TIP

Use thick-cut bacon so the rolls hold their shape and crisp on the outside.

SERVING IDEAS

Great as a savory keto bite or breakfast side.

APPROXIMATE NUTRITION PER SERVING

Calories 190 Protein 12 g Fat 16 g Total Carbs 0 g Fibre 0 g Net Carbs 0 g Serving: 2 rolls

Estimate varies by bacon brand and serving size.

RECIPES - Main Meals

stopsugarcrave.com/recipes-main-meals

