



Bacon Wrapped Shrimp - In the Air Fryer

I love Bacon. I love Shrimp. Combine them and pop them in the Air Fryer and you've got an easy Keto Recipe that is absolutely delicious! We've been cooking everything in our air fryer lately and absolutely love the results.

Recipe:

Jumbo Shrimp, prepared
Nitrate Free Bacon, uncooked

Cut the bacon strips in half. Wrap each jumbo strip in a piece of bacon. Refrigerate for 20 min to let them set, or hold together with a toothpick (we didn't refrigerate and it worked ok!).

Bake in the Air Fryer at 390 for 5 min, flip and bake for another 2 min, or bake on the stove on parchment paper at 450 for 10-15 min.



Keto Dad Tips and Tricks:

- Toothpicks help hold the bacon and shrimp together, but aren't always necessary.
- We used pre-cooked jumbo shrimp and thawed them.
- Flipping them halfway through ensures they crisp up on both sides. Sometimes the bottom doesn't crisp up on our little Dash Air Fryer.

Serves: 2 (6 Shrimp each)

Calories: 263, Fat: 13g, Carbs: 2g, Fiber: 0g, Protein: 37g

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