



Keto Air Fried Cabbage

Delicious Keto Veggies are always on our radar . . . and when we're looking for new ways to eat cabbage, this caught our eye! We grabbed a few ingredients out of our fridge and dropped the result in the Air Crisper and . . . yum! Delicious!

Need a main dish to go with this? We love bunless burgers!

Recipe:

- Slice Cabbage into wedges (flatter is easier to cover with toppings).
- Drizzle with Olive Oil, Butter or Bacon Grease.
- Coat with Parmesan and Bacon Bits.
- Air Fry at 375 for 10-15 minutes.

The Keto Dad Tips and Tricks:

- We added more parmesan and bacon about halfway through. Extra!!
- If you cook the bacon first, save the bacon grease and use that rather than oil or butter!
- To keep the cheese from falling off, slice the cabbage flat rather than wedges.
- You can also make this by dicing the cabbage in large pieces and putting it in an air fryer basket, top with parmesan and bacon.
- You can bake this in the oven too!



Macros:

3 Net Carbs per Cup of Cabbage

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