

Plate Dream

Crispy Air Fryer Pizza Rolls – Quick Snack Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 tube refrigerated crescent roll dough
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/2 cup sliced pepperoni
- [ ] 2 tbsp grated Parmesan cheese
- [ ] 1 tsp Italian seasoning
- [ ] Olive oil spray

For Dipping

- [ ] 1/2 cup marinara sauce
- [ ] Optional: fresh basil leaves

Instructions

1. Pre-heat the air fryer to 380°F (193°C). Separate the crescent roll dough and cut each triangle into small squares about 2 inches.
2. Place a pinch of mozzarella and a slice of pepperoni on each square, then fold the corners together, sealing the edges gently.
3. Lightly spray the assembled rolls with olive oil, sprinkle Parmesan and Italian seasoning on top, and arrange them in a single layer in the basket.
4. Air fry for 6–8 minutes, shaking halfway, until golden brown and the cheese is melted. Serve warm with marinara.

Nutrition per serving

260 kcal	12 g	24 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier bite, add a pinch of crushed red pepper to the cheese mixture.
- For extra crispiness, brush the rolls with a thin layer of butter before cooking.
- Allow the rolls to rest a minute after cooking; this helps the cheese set slightly.