



Air Fryer Pizza Roll-Ups: Crispy, Cheesy, and So Easy!

Description

If you love pizza but want something quicker, crispier, and just as satisfying, these **Air Fryer Pizza Roll-Ups** are your new go-to recipe. Perfect as a snack, party appetizer, or a fun family dinner, they come together in minutes with pre-made dough, gooey cheese, and your favorite toppings—then crisp up beautifully in the air fryer.

The first time I tried these in the air fryer was out of curiosity—and now I'm hooked. The air fryer gives them a golden, lightly crisped exterior while keeping the cheese inside melty and delicious. Plus, no need to heat up the oven or wait forever for them to bake. These rolls are **done in under 10 minutes** and are perfectly portioned for dipping, sharing, and snacking.

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Ingredients You'll Need

Here's everything you need to whip up these savory little rolls:

- 1 pre-made pizza dough (refrigerated or homemade)
- 1 cup marinara sauce
- 1 ½ cups shredded mozzarella cheese
- ½ cup sliced bell peppers (or other favorite toppings like mushrooms, pepperoni, or olives)
- 1 tsp Italian seasoning
- 1 tbsp olive oil (for brushing)

How to Make Pizza Roll-Ups in the Air Fryer

1. Preheat the Air Fryer

Set your air fryer to **350°F (175°C)** and let it preheat for a few minutes while you prepare the rolls.

2. Roll Out the Dough

On a lightly floured surface, roll the pizza dough into a rectangle, about **12x9 inches**. Keep the dough even in thickness.

3. Add Sauce and Toppings

Spread a **thin layer of marinara sauce** over the dough, leaving a small border around the edges. Sprinkle **mozzarella cheese** and your chosen toppings evenly over the sauce.

4. Roll and Slice

Roll the dough tightly from the long edge to form a log. Slice into **1-inch pieces** using a sharp knife.

5. Prep for the Air Fryer

Place a piece of parchment paper in the air fryer basket (optional but recommended for easy cleanup). Arrange the pizza roll-ups **cut-side up**, making sure they're not touching. You may need to cook them in **batches** depending on the size of your air fryer.

6. Brush and Season

Lightly brush the tops of the rolls with **olive oil** and sprinkle with **Italian seasoning** for extra flavor.

7. Air Fry to Crispy Perfection

Air fry at **350°F (175°C)** for **8-10 minutes**, or until the rolls are golden brown and the cheese is melted. Keep an eye on them after 8 minutes to avoid over-browning.

8. Serve and Enjoy

Remove from the air fryer and let cool slightly. Serve warm with extra marinara sauce for dipping if desired.

Tips & Topping Ideas

- **Make it meaty:** Add small slices of pepperoni or cooked sausage before rolling.
- **Veggie-loaded:** Use mushrooms, spinach, onions, or olives for a veggie-packed version.
- **Extra cheesy:** Mix in a little parmesan or cheddar for more flavor.
- **Spice lovers:** Add a dash of crushed red pepper flakes inside the rolls.

Nutrition Information (Per Roll-Up)

Estimates will vary slightly based on toppings used and dough brand.

Sodium: 220mg

Calories: 110

Protein: 5g

Fat: 5g

Carbohydrates: 11g

Fiber: 1g

Sugar: 2g

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