

Cheesy Chicken Fritters (Air Fryer): Crispy, Juicy, and Totally Irresistible

Description

If you're searching for a protein-packed, cheesy, and crispy recipe that feels indulgent but is healthier than traditional fried food, these **Air Fryer Cheesy Chicken Fritters** are about to become your new favorite go-to. Made with shredded chicken, plenty of cheese, herbs, and spices, then air-fried to golden perfection, they're the ultimate comfort food with a nutritious twist.

Perfect for a weeknight dinner, game-day snack, or party appetizer, these chicken fritters strike the perfect balance between crispy on the outside and juicy on the inside. And thanks to the air fryer, you get all the crunch you crave with a fraction of the oil.

What Are Cheesy Chicken Fritters?

Cheesy chicken fritters are savory, bite-sized patties made from cooked chicken breast, shredded cheese, eggs, herbs, and a touch of flour or breadcrumbs to hold it all together. The mixture is scooped or shaped into mini patties and then cooked until crispy and golden. Traditionally pan-fried, we're giving them a modern twist by using the air fryer—less mess, less oil, and quicker results.

Why You'll Love This Recipe

- **High-Protein & Low-Carb** Each fritter is packed with protein and can easily be made keto-friendly by using almond flour.
- **Perfectly Crispy** The air fryer ensures a crispy exterior without deep frying.
- **Customizable** Add spices, chopped jalapeños, or different cheeses to suit your taste.
- **Great for Meal Prep** Make a batch ahead of time and reheat throughout the week.

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Ingredients You'll Need

Here's everything you'll need to make these delicious fritters:

Main Ingredients:

- **1 ½ cups cooked chicken breast**, finely chopped or shredded
- **1 cup shredded mozzarella cheese** (or cheddar for sharper flavor)
- **¼ cup grated Parmesan cheese**
- **2 large eggs**
- **¼ cup flour** (use almond flour or coconut flour for low-carb version)
- **2 cloves garlic**, minced

- **1 small onion**, finely diced or grated
- **2 tbsp mayonnaise** (adds richness and moisture)
- **1 tsp dried parsley** or 1 tbsp fresh
- **½ tsp salt**
- **½ tsp black pepper**
- **½ tsp paprika** (optional, adds color and warmth)

Optional Garnish:

- Chopped parsley
- Extra cheese or spicy seasoning on top

For Dipping Sauce (Optional but Recommended):

- **½ cup marinara sauce** or ranch dressing
- **1 tsp hot sauce or chili flakes** (for a kick)

How to Make Air Fryer Cheesy Chicken Fritters

Step 1: Prepare the Chicken Mixture

In a large bowl, combine the chopped or shredded cooked chicken, shredded mozzarella, Parmesan, eggs, garlic, onion, mayo, flour, and all seasonings. Mix everything well until fully incorporated. The mixture should be sticky and hold its shape when scooped.

Tip: If it's too wet, add a tablespoon more flour. If too dry, add a teaspoon of mayo.

Step 2: Shape the Fritters

Using a spoon or cookie scoop, form small mounds (about 2 tablespoons each) of the chicken mixture. Gently flatten them into round patties. Place them on a parchment-lined tray while you preheat the air fryer.

Step 3: Preheat the Air Fryer

Preheat your air fryer to **375°F (190°C)** for 3-5 minutes. This ensures the fritters start cooking immediately for maximum crispiness.

Step 4: Air Fry the Fritters

Lightly spray the air fryer basket with cooking spray. Place the fritters in a single layer, making sure they don't touch (you may need to work in batches).

Air fry for **10-12 minutes**, flipping halfway through, until the fritters are golden brown and crispy on the outside.

Step 5: Serve and Enjoy

Serve hot, garnished with chopped parsley and your favorite dipping sauce on the side. These pair beautifully with ranch, marinara, chipotle mayo, or even garlic aioli.

Serving Suggestions

- **Main Dish:** Serve with a side salad or steamed vegetables.
- **Appetizer Platter:** Arrange with toothpicks, dipping sauces, and sliced cucumbers.
- **Wraps:** Stuff into pita or tortilla wraps with lettuce, tomato, and sauce.
- **Breakfast:** Top with a fried egg for a savory morning treat.

How to Store and Reheat

Storage: Let the fritters cool completely, then store in an airtight container in the fridge for up to **4 days**.

Freezing: Place cooked fritters in a single layer on a tray, freeze for 1 hour, then transfer to a zip-top freezer bag for up to **2 months**.

Reheating: Reheat in the air fryer at 350°F for 3-5 minutes or in the oven until warm and crispy again.

Recipe Variations

- **Spicy Kick:** Add chopped jalapeños or ½ tsp cayenne pepper.
- **Cheese Swap:** Try pepper jack, gouda, or Swiss cheese for different flavor profiles.
- **Low-Carb Upgrade:** Use almond flour or crushed pork rinds instead of all-purpose flour.
- **Veggie Boost:** Mix in finely shredded zucchini (squeeze out moisture first) or carrots.

Pro Tips for Perfect Fritters

- **Moisture Management:** Avoid overly wet mixtures. If needed, pat the cooked chicken dry before mixing.
- **Even Cooking:** Flip halfway through air frying to get that golden crisp on both sides.
- **Don't Overcrowd:** Air circulation is key in the air fryer—cook in batches for best results.
- **Use an Ice Cream Scoop:** For even portions and uniform fritters.

What Others Are Saying

“These fritters were a HIT at my family dinner! No leftovers!”
— Sarah M.

â??I used rotisserie chicken and cheddarâ??turned out amazing and so quick!â?•
â?? Kevin L.

â??Perfect recipe for my keto meal prep. Crispy and cheesy heaven!â?•
â?? Dana R.

ð?§® Nutrition Information (Per 2 fritters â?? approximate)

- **Calories:** 220
- **Protein:** 20g
- **Carbs:** 3â??5g (depending on flour used)
- **Fat:** 14g
- **Fiber:** 0.5g

â? Final Thoughts

These Air Fryer Cheesy Chicken Fritters are a game-changer. Theyâ??re crunchy, satisfying, and bursting with flavorâ??all without the guilt of deep-frying. Whether youâ??re feeding picky eaters, prepping lunches for the week, or just need a new air fryer recipe thatâ??s both comforting and nutritious, these fritters check all the boxes.

Once you try them, youâ??ll understand why theyâ??re always in demand at parties, potlucks, and even weekday dinners. Make a big batchâ??youâ??ll be glad you did!

Category

- Air Fryer Recipes

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