

## High-Protein Air Fryer Pizza Rolls (Low Calorie & Low Carb!)

High-Protein Air Fryer Pizza Rolls (Low Calorie & Big Flavor)



**OVEN**  
**400°F**

**TIME**  
**20 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

#### Pizza Filling:

- 150 g extra lean ground beef
- 25 g turkey pepperoni, diced
- 2 tbsp tomato paste
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika

#### To Assemble:

- 5 low carb tortillas
- 1/4 cup + 1 tbsp (75 mL) tomato passata, divided
- 150 g low-fat shredded mozzarella, divided 15 g inside each roll
- 15 g on top of each roll
- 25 g turkey pepperoni

### DIRECTIONS

1. Cook the Filling: Heat a nonstick pan over medium heat. Add:
2. Extra lean ground beef
3. Diced turkey pepperoni
4. Tomato paste
5. Salt, garlic powder, onion powder, paprika
6. Cook for about 6 minutes, breaking up the beef until fully browned and well combined.
7. Remove from heat and let cool slightly.
8. Assemble the Pizza Rolls: Lay a low-carb tortilla flat.
9. Spread most of the tomato passata inside (save about 2 tablespoons total for topping).
10. Add a portion of the beef-pepperoni mixture.
11. Sprinkle 15 g mozzarella inside.
12. Roll tightly and place seam-side down.
13. Lightly spray the tops with no-calorie cooking spray.
14. Top each roll with:
15. Remaining passata
16. 15 g mozzarella
17. Extra turkey pepperoni slices
18. Air Fry: Place seam-side down in the air fryer.
19. Air fry at 400°F for 6-10 minutes, depending on your desired crispiness.
20. You're looking for:
21. Golden, crispy tortilla edges
22. Melted, bubbly cheese on top
23. Let cool for 2-3 minutes before slicing.

## SWAPS & NOTES

Ground Beef: Swap for extra lean ground turkey or chicken for even lower fat.

Cheese: Use part-skim mozzarella for better melt while staying macro-friendly.

Tortillas: High-fiber, low-carb tortillas help boost protein and reduce net carbs.

Spice Level: Add crushed red pepper flakes if you like heat.

### TIPS FOR SUCCESS

Don't overfill or they'll burst open.

Preheat your air fryer for maximum crisp.

If baking instead, cook at 400°F for 12-15 minutes.

For extra crunch, brush lightly with egg wash before air frying.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/high-protein-air-fryer-pizza-rolls-low-calorie-low-carb/>