

AIR FRYER BACON WRAPPED PINEAPPLE (BITES AND RINGS)

EQUIPMENT

- Air fryer
- Glass bowl
- Knife
- Parchment paper (optional)
- Bamboo Toothpick sticks or cocktail sticks
- cutting board

INGREDIENTS

- 24 (2 inch) Pineapple chunks or cubes (see note 1 if using canned pineapples)
- 8 Slices Regular cut bacon (Cut in thirds)
- $\frac{1}{4}$ Cup brown sugar (optional)

Buy Ingredients

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INSTRUCTIONS

Prepare the bacon

- Cut bacon in thirds crosswise and set aside

Prepare pineapple

- Toss pineapple chunks in 2 tablespoons of brown sugar if using. If not using brown sugar, move to bacon wrapping.

Assemble it all

- Wrap each pineapple chunk with bacon and secure seam

with tooth picks or cocktail sticks.

- Repeat process till all the pineapples have been wrapped.
- Roll wrapped pineapples in the rest of the brown sugar if using.

Air fry

- Place bacon wrapped pineapples in the air fryer basket. Do not overcrowd the basket
- Set temperature to 400°F / 200°C and bake for 10 to 12 mins flipping half way through. Remove and cook subsequent batches.

NOTES

1. If using canned pineapple, buy the rings and cut it into thirds.
2. Use cold bacon. It's easier to cut cold bacon without stretching and distorting the shape.
3. No need to preheat the air fryer. However start checking the second batch at 10 mins if using a Ninja air fryer
4. Do not overcrowd your basket. Cook in batches if needed. I used a 5.8qt air fryer 12 fits in mine at a time. Put whatever amount that will fit in yours without overcrowding the basket.

NUTRITION

Serving: 4 Pieces
Calories: 184 kcal
Carbohydrates: 4g
Protein: 4g
Fat: 16g
Cholesterol: 28mg
Sodium: 292mg
Potassium: 88mg
Fiber: 4g
Sugar: 4g
Calcium: 4mg
Iron: 4mg

NUTRITION DISCLAIMER

Nutritional information is an estimate and may change based on products used. Please read full nutrition disclaimer [here](#).