

Air Fryer Calorie Chart

Ingredient	Air Fryer Calories
French Fries	176 Per Serving
Chicken Nuggets	200 Per Serving
Chicken Breast	163 Per Serving
Falafel	216 Per Serving
Jalapeno Poppers	104 Per Serving
Onion Rings	172 Per Serving
Chicken Wings	270 Per Serving
Mozzarella Sticks	48 Per Serving
Potatoes	166 Per Serving
Chips	75 Per Serving
Lean Fish	90 Per Serving
Pork Chop	215 Per Serving
Tater Tots	50 Per Serving