



## Best-Ever BLT Wonton Cups



1/6th of recipe (2 wonton cups): 114 calories, 5g total fat (1g sat fat), 471mg sodium, 11g carbs, 1g fiber, 1.5g sugars, 4g protein

Freestyle™ [SmartPoints®](#) value 3\*

**Prep:** 10 minutes    **Cook:** 20 minutes

Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

6 slices center-cut bacon or turkey bacon  
12 square wonton wrappers (stocked with tofu in the refrigerated section of the market)  
1/4 cup light mayonnaise  
3 tbsp. Dijon mustard  
1/8 tsp. garlic powder  
Dash each salt and black pepper  
2 cups shredded lettuce  
1 cup chopped tomatoes

### Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium heat. Cook bacon until crispy, about 8 minutes, flipping occasionally.

Press each wonton wrapper into a cup of the muffin pan. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Meanwhile, in a large bowl, combine mayo, mustard, and seasonings. Mix well.

Finely chop bacon, and add to the bowl. Add lettuce and tomatoes, and stir to mix.

Just before serving, evenly distribute mixture among the wonton cups, about 3 tbsp. each.

MAKES 6 SERVINGS

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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