



Wonton Cups



1/12th recipe (1 cup): 19 calories, 0g total fat (0g sat fat), 35mg sodium, 4g carbs, <0.5g fiber, <0.5g sugars, 0.5g protein

SmartPoints® value 1*

Prep: 5 minutes **Cook:** 10 minutes



Ingredients

12 small square wonton wrappers (stocked with the tofu in the refrigerated section of the market)

Directions

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

Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides.

Lightly spray with nonstick spray. Bake until lightly browned, about 6 minutes.

MAKES 12 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.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.