



## 4-Ingredient Cheesy Bacon Dumplings



Entire recipe: 200 calories, 9.5g total fat (6g sat. fat), 456mg sodium, 20g carbs, 1g fiber, 3g sugars, 7g protein

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

More: [Recipes for Sides, Starters & Snacks, Single Serving, 5 Ingredients or Less, 30 Minutes or Less](#)

### Ingredients

1/4 cup whipped cream cheese  
2 tbsp. chopped scallions  
1 tbsp. precooked crumbled bacon  
4 gyoza or wonton wrappers (stocked with the tofu in the refrigerated section of the supermarket)

#### Seasonings:

1/8 tsp. garlic powder  
1/8 tsp. onion powder

### Directions

Place all ingredients *except* wrappers in a small bowl. Add seasonings, and mix until uniform.

Top a wrapper with 1/4th (about 1 tbsp.) of the cream cheese mixture. Moisten the edges with water, and fold in half, enclosing the filling. Press firmly on the edges to seal. Repeat to make 3 more dumplings.

Spray dumplings with nonstick spray, and place in the air fryer. Set temperature to 370°F (or the nearest degree). Cook until golden brown and crispy, about 5 minutes.

#### MAKES 1 SERVING

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