



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

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 8*

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

[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.