



Air-Fried Chocolate-Cherry Dumplings



1/2 of recipe (3 dumplings): 138 calories, 4g total fat (2.5g sat. fat), 67mg sodium, 23.5g carbs, 1g fiber, 12g sugars, 2.5g protein

[Click for WW Points® value*](#)

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



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

6 [Hershey's Milk Chocolate Kisses](#)
6 frozen pitted dark sweet cherries, thawed and drained of excess juice
6 gyoza/potsticker (or wonton) wrappers
1 tsp. light chocolate syrup, or more for dipping
Optional topping: powdered sugar

Directions

Press the tip of a chocolate Kiss into the pitted opening of a cherry, and place the Kiss flat-side down in the center of a wrapper. Moisten the edges of the wrapper with water and fold them toward the center, overlapping them to enclose the filling, then press lightly to seal. Repeat to make 5 more dumplings.

Spray an air fryer with non-aerosol nonstick spray. Place dumplings in the air fryer, and spray with nonstick spray.

Set air fryer to 360°F (or the nearest degree). Cook until golden brown and crispy, about 5 minutes.

Drizzle with syrup before serving.

MAKES 2 SERVINGS

HG Tip: Find gyoza/potsticker wrappers near the tofu in the refrigerated section of the supermarket. If you can't find 'em, use wonton wrappers.

Oven Alternative: Bake at 350°F until crispy, 8–10 minutes.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.