



## Air-Fryer Ham & Cheese Egg Rolls



1/6th of recipe (1 egg roll): 120 calories, 3g total fat (1.5g sat fat), 400mg sodium, 14g carbs, 0.5g fiber, 1g sugars, 9.5g protein

**Green Plan [SmartPoints](#)® value 3\***

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

**Purple Plan [SmartPoints](#)® value 3\***

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



### Ingredients

6 egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)  
3 slices reduced-fat cheddar cheese, halved  
6 oz. (about 6 slices) reduced-sodium ham, roughly chopped  
Optional dip: mustard

### Directions

Lay an egg roll wrapper flat on a dry surface. In a row a little below the center, place half a cheese slice and 1/6th of the ham (about 1/4 cup). Moisten wrapper edges with water. Fold the sides in toward the middle, and roll up tightly around the filling. Seal with a dab of water. Repeat to make 5 more egg rolls.

Spray with nonstick spray, and place in the air fryer in a single layer. (If they don't all fit, save the remaining for a second batch.)

Set air fryer to 360°F (or the nearest degree). Cook until golden brown, 6–8 minutes.

MAKES 6 SERVINGS

**Oven Alternative:** Bake at 375°F until golden brown, about 15 minutes. (Keep an eye on them... If they cook too long, they may become Exploding Ham & Cheese Egg Rolls!)

[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.