



Air-Fryer Jalapeño Popper Pockets



1/4th of recipe (2 pockets): 88 calories, 3g total fat (2g sat. fat), 243mg sodium, 12.5g carbs, 1g fiber, 2.5g sugars, 2.5g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 15 minutes



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

Ingredients

3/4 cup chopped onion
1/4 cup light/reduced-fat cream cheese
1/4 cup jarred jalapeño peppers, drained and roughly chopped
8 small square wonton wrappers (stocked with the tofu in the refrigerated section of the supermarket)

Seasonings: 1/4 tsp. garlic powder, 1/8 tsp. onion powder

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until softened and browned, about 5 minutes.

Transfer onion to a medium bowl. Add cream cheese, jalapeño peppers, garlic powder, and onion powder. Mix until uniform.

Lay one wonton wrapper flat on a clean, dry surface. Spoon 1/8th of the filling (about 1 1/2 tbsp. filling) into the center. Moisten the wrapper edges with water. Fold the bottom left corner to meet the top right corner, forming a triangle and enclosing the filling. Press firmly on the edges to seal.

Repeat to make 7 more pockets. Spray with nonstick spray.

Place a single layer of the pockets in the air fryer cooking basket. Set air fryer to 392 degrees. Cook until golden brown, 3 - 4 minutes.

Repeat with remaining pockets.

MAKES 4 SERVINGS

Oven Alternative: Bake at 375 degrees until golden brown, about 12 minutes, carefully flipping halfway through.

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.

