



Air-Fryer Cheeseburger Egg Rolls



1/6th of recipe (1 egg roll): 153 calories, 4g total fat (2g sat fat), 357mg sodium, 17.5g carbs, 1g fiber, 3g sugars, 11.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 15 minutes **Cook:** 25 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

8 oz. raw extra-lean ground beef (4% fat or less)
1/4 tsp. garlic powder
1/4 tsp. onion powder
Dash each salt and black pepper
1/2 cup chopped bell pepper
1/2 cup chopped onion
3 tbsp. shredded reduced-fat cheddar cheese
3 tbsp. light/reduced-fat cream cheese
2 tbsp. ketchup
1 tbsp. yellow mustard
6 hamburger dill pickle chips, chopped
6 large square egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)
Optional dips: additional ketchup and yellow mustard

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with seasonings. Add bell pepper and onion. Cook, stir, and crumble until beef is fully cooked and veggies have softened, about 5 minutes.

Remove skillet from heat, and add cheddar cheese, cream cheese, ketchup, and mustard. Stir until thoroughly mixed and melted.

Transfer mixture to a medium-large bowl. Fold in chopped pickles.

Lay an egg roll wrapper flat on a dry surface. Evenly distribute about 1/6th of the mixture (about 1/3 cup) in a row a little below the center. Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep mixture from falling out. Roll up the wrapper around the mixture and continue to the top. Seal with a dab of water.

Repeat to make 5 more egg rolls. Spray with nonstick spray.

Working in batches as needed, place in the air fryer cooking basket in a single layer.

Set air fryer to 392 degrees. Cook until golden brown, 7 - 9 minutes.

MAKES 6 SERVINGS

Oven Alternative: Bake at 375 degrees until golden brown, 25 - 30 minutes.

[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.

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