



Dill Pickle Bagel Bites



1/2 of recipe (4 bagel bites): 137 calories, 0g total fat (0g sat. fat), 826mg sodium, 24.5g carbs, 0.5g fiber, 2.5g sugars, 8.5g protein

[Click for WW Points® value*](#)

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



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

Ingredients

- 1/2 cup self-rising flour
- 1/2 tsp. dill pickle seasoning (like the kind by [Pork King Good](#))
- 1/4 tsp. dried dill
- 1/2 cup fat-free plain Greek yogurt
- 2 tbsp. chopped dill pickles, patted dry
- Optional topping: whipped cream cheese

Directions

In a large bowl, combine flour, pickle seasoning, and dill. Mix well. Add yogurt and pickles. Mix until dough forms.

Shape dough into 8 balls, about 2 tablespoons each.

Spray an air fryer with a non-aerosol nonstick spray. Place bagel bites in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F (or the nearest degree). Cook until golden brown and cooked through, 8-10 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until golden brown, 12-14 minutes.

HG Tip: Use dill pickle seasoning by [Kernel Season's](#) or [Trader Joe's](#) for less sodium.

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.