



BLT Wonton Cups



1/6th of recipe (2 wonton crunchies): 93 calories, 3g total fat (1g sat fat), 435mg sodium, 12g carbs, 1g fiber, 2g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 3*

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

Prep: 15 minutes **Cook:** 20 minutes



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

Ingredients

6 slices center-cut bacon or turkey bacon
12 small square wonton wrappers
1/4 cup fat-free mayonnaise
3 tbsp. Hellmann's/Best Foods Dijonnaise
Dash garlic powder
Dash each salt and black pepper
1 cup seeded and chopped plum tomatoes
2 cups finely chopped lettuce

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Place each wonton wrapper in a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Finely chop bacon. In a large bowl, mix mayo, Dijonnaise, garlic powder, salt, and pepper. Stir in tomatoes, lettuce, and bacon.

Once cool, transfer wonton shells to a large plate. Evenly distribute BLT mixture among the shells, about 3 tbsp. each. Enjoy!

MAKES 6 SERVINGS

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.