



Shrimp Scampi Wonton Cups



Developed by Hungry Girl. Brought to you by [Gorton's Seafood!](#)

1/5th of recipe (2 wonton cups): 97 calories, 2g total fat (1g sat fat), 278mg sodium, 12.5g carbs, 1g fiber, 1g sugars, 6.5g protein

Blue Plan (Freestyle™) SmartPoints® value 2*

Prep: 5 minutes **Cook:** 25 minutes

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Ingredients

One 8.2-oz. box [Gorton's Simply Bake Shrimp Classic Scampi](#)
10 small square wonton wrappers (refrigerated and stocked with the tofu)
1 cup roughly chopped spinach
1/3 cup drained and roughly chopped roasted red peppers (previously packed in water)

Directions

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

Remove bag of Gorton's Simply Bake Shrimp from the box, and place the bag on a baking sheet, window side up.

Bake for 25 minutes, or until shrimp have cooked through.

Meanwhile, prepare the wonton cups. Place each wonton wrapper in a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. On an empty rack of the oven, bake until lightly browned, about 8 minutes.

Once cool enough to handle, plate wonton cups, and fill with spinach and red peppers.

Once cooked, cut bag of shrimp to release steam before opening entirely. Evenly distribute saucy shrimp among the wonton cups, about 2 shrimp each.

MAKES 5 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.