

CHEESEBURGER WONTONS

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Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 8 (Serving= 3 wontons)

Nutrition (per serving)

Calories: 178	Total Carbohydrate: 15
Total Fat: 5 g	Dietary Fiber: 1 g
Saturated Fat: 3 g	Total Sugars: 2 g
Sodium: 381 mg	Protein: 17 g

Ingredients

- Cooking spray
- 24 refrigerated wonton wrappers
- 1 pound lean ground beef (95% lean/5% fat)
- ½ cup yellow onion, finely chopped
- ¼ cup dill pickle, finely chopped
- ¾ cup light shredded cheddar cheese

Directions

1. Preheat oven to 350 degrees Fahrenheit. Spray muffin tin with cooking spray. Press wonton wrappers firmly into the bottom of each cup. Spray with cooking spray. Bake for 5-7 minutes or until completely crisp.
2. Spray large skillet with cooking spray and cook ground beef on medium heat until small amount of pink is left. Add remaining ingredients and cook thoroughly until no pink remaining and cheese is melted.
3. Spoon 1 Tablespoon of cheeseburger mixture into cooked wontons and serve with ketchup and mustard garnish.