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LIGHTENED UP COMFORT FOOD

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Chicken Bacon Ranch Wonton Cupcakes

yield: 12 WONTON CUPS

INGREDIENTS:

- 1 lb uncooked boneless, skinless chicken breasts
- 1 tablespoon ranch seasoning (I used Hidden Valley)
- 2 teaspoons canola oil
- 5 slices center cut bacon, cooked crisp and chopped
- ¾ cup yogurt-based ranch dressing (such as Bolthouse Farms)
- 24 wonton wrappers
- 4 oz 2% shredded sharp cheddar



DIRECTIONS:

1. Pre-heat the oven to 375. Lightly mist 12 cups in a standard muffin/cupcake tin with cooking spray and set aside.
2. Place the uncooked chicken strips into a Ziploc bag and sprinkle with the ranch seasoning. Seal the bag and shake/massage until the chicken is coated with the seasoning.
3. Bring the canola oil over medium heat in a medium sized skillet. When the oil is hot, add the chicken pieces and stir them around to coat with oil. Arrange them into a single layer and cook for 5-7 minutes, flipping occasionally, until the chicken strips are cooked through. Remove the chicken to a cutting board and chop into small pieces.
4. Place the chopped chicken into a mixing bowl and stir in the chopped bacon and ranch dressing until well combined.
5. Push a wonton wrapper into the bottom of each of the sprayed cups in the muffin tin. Using about half of the chicken mixture, spoon evenly into the wonton wrappers. Sprinkle about half of the shredded cheddar evenly over the top of each cup. Press another wonton wrapper on top and repeat the layering steps with the remaining chicken mixture and shredded cheddar.
6. Bake for 18-20 minutes until the wontons are golden brown and the contents are heated through. Remove the muffin tin from the oven and allow to cool for 2-3 minutes before removing from the tin.

WEIGHT WATCHERS FREESTYLE SMARTPOINTS:

4 per cupcake (*SP calculated using the recipe builder on weightwatchers.com*)

WEIGHT WATCHERS POINTS PLUS:

4 per cupcake (*PP calculated using a [Weight Watchers PointsPlus calculator](#) and the nutrition info below*)

NUTRITION INFORMATION PER CUPCAKE:

152 calories, 10 g carbs, 1 g sugars, 6 g fat, 1 g saturated fat, 14 g protein, 0 g fiber (*from myfitnesspal.com*)

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