



Cheeseburger Phyllo Bites



1/3rd of recipe (5 phyllo shell bites): 124 calories, 3.5g total fat (0.5g sat. fat), 395mg sodium, 16g carbs, 1.5g fiber, 2g sugars, 9g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 15 minutes



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

Ingredients

- 15 frozen mini phyllo shells (like [the kind by Athens](#))
- 1/4 cup finely chopped onion
- 2/3 cup frozen ground-beef-style soy crumbles (like the kind by [Boca](#) or [MorningStar Farms](#))
- 2 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
- 2 tsp. ketchup
- 2 tsp. mustard
- 2 tbsps. finely chopped dill pickle

Directions

Preheat oven to 350 degrees.

Place shells on a baking sheet, and bake until lightly browned and crispy, 3 - 5 minutes.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir onion until softened, about 4 minutes. Add soy crumbles, and cook and stir until hot, about 2 minutes.

Transfer to a medium bowl. Add cheese wedges, breaking them into pieces, and stir until uniform.

Evenly distribute mixture among the phyllo shells.

Top with ketchup, mustard, and pickle. Eat up!

MAKES 3 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, 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.

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.