



Broccoli Cheddar & Ham Egg Rolls



1/6 of recipe (1 egg roll): 127 calories, 4.5g total fat (2.5g sat. fat), 379mg sodium, 16.5g carbs, 1g fiber, 1.5g sugars, 7g protein

[Click for WW Points® value*](#)

WW Points® value 5*

Prep: 10 minutes **Cook:** 10 minutes



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

Ingredients

2 cups finely chopped broccoli
4 oz. (about 8 slices) reduced-sodium ham, chopped
1/2 cup shredded reduced-fat cheddar cheese
1/3 cup whipped cream cheese
1 tsp. ranch dip/dressing seasoning mix
6 egg roll wrappers

Directions

In a medium microwave-safe bowl, combine broccoli with 1/4 cup water. Cover and microwave for 2 1/2 minutes, or until softened.

Drain any excess water. Add chopped ham, cheddar cheese, cream cheese, and ranch seasoning mix. Stir until well mixed.

Evenly distribute 1/6 of the filling (about 1/3 cup) along the center of an egg roll wrapper. Fold in the sides, and roll up the wrapper around the filling. Seal with a dab of water. Repeat to make 5 more egg rolls.

Spray an air fryer with non-aerosol nonstick spray. Place egg rolls in the air fryer. Set air fryer to 390°F. Cook until golden brown and crispy, 6–8 minutes.

MAKES 6 SERVINGS

Oven Alternative: No air fryer? No problem! Bake at 375°F until golden brown and crispy, 25–30 minutes.

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.