



Artichoke Wonton Cups

READY IN



30 min.

SERVINGS



16

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounces artichoke hearts rinsed drained chopped canned
- 0.5 teaspoon garlic powder
- 1 cup mayonnaise
- 0.5 teaspoon onion powder
- 1 cup parmesan cheese grated
- 8 ounces part-skim mozzarella cheese shredded
- 12 ounces wonton wrappers
- 12 ounces wonton wrappers

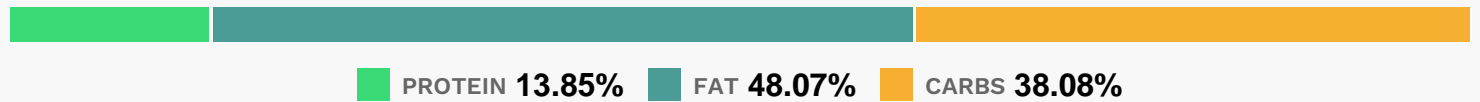
Equipment

- bowl
- oven
- muffin liners

Directions

- In a small bowl, combine the Parmesan cheese, mayonnaise, onion powder and garlic powder. Stir in mozzarella cheese and artichokes; set aside.
- Coat one side of each wonton wrapper with cooking spray; press greased side down into miniature muffin cups.
- Bake at 350° for 5 minutes or until edges are lightly browned.
- Fill each cup with 1 tablespoon artichoke mixture.
- Bake 5–6 minutes longer or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:8.0134782540086%

Nutrients (% of daily need)

Calories: 287.51kcal (14.38%), Fat: 15.12g (23.26%), Saturated Fat: 4.15g (25.95%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 25.78g (9.37%), Sugar: 0.44g (0.49%), Cholesterol: 24.22mg (8.07%), Sodium: 620.95mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.61%), Selenium: 16.57µg (23.68%), Vitamin K: 23.16µg (22.05%), Calcium: 187.52mg (18.75%), Vitamin B1: 0.23mg (15.14%), Phosphorus: 143.23mg (14.32%), Manganese: 0.28mg (14.04%), Vitamin B2: 0.23mg (13.42%), Vitamin B3: 2.33mg (11.64%), Folate: 39.01µg (9.75%), Iron: 1.53mg (8.47%), Zinc: 0.99mg (6.6%), Fiber: 1.17g (4.66%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.6%), Magnesium: 14.24mg (3.56%), Vitamin E: 0.51mg (3.41%), Vitamin A: 137.3IU (2.75%), Potassium: 62.81mg (1.79%), Vitamin B6: 0.03mg (1.54%)