



 **71%**  
HEALTH SCORE

## Asian Chicken Won Ton Cups

 Dairy Free  Very Healthy

READY IN



38 min.

SERVINGS



1

CALORIES



1478 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup almonds toasted sliced
- 2 teaspoons chili sauce with garlic (we tested with hokan)
- 1 cup meat from a rotisserie chicken cooked chopped
- 3 tablespoons creamy peanut butter
- 2 teaspoons sesame oil dark
- 2 green onions sliced
- 1 tablespoon honey
- 2 tablespoons juice of lime fresh

- 0.5 cup napa cabbage shredded
- 1 tablespoon rice wine vinegar
- 3 tablespoons water
- 24 won ton wrappers (with frieda's asian specialties)

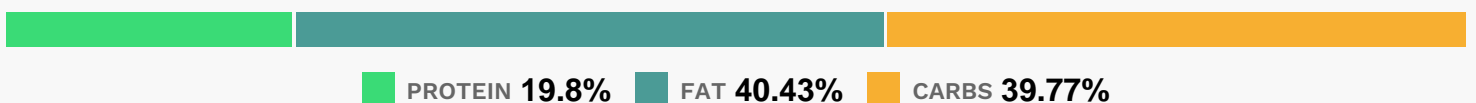
## Equipment

- frying pan
- oven
- whisk
- wire rack
- muffin liners

## Directions

- Coat 24 miniature muffin cups with cooking spray. Carefully press 1 won ton wrapper into each muffin cup; spray lightly with cooking spray (wrapper will extend above rim).
- Bake at 375 for 8 to 10 minutes or until lightly browned and crisp.
- Remove from pan; cool completely on a wire rack. Store in airtight container until ready to assemble cups.
- Meanwhile, whisk together peanut butter and next 6 ingredients.
- Add sliced almonds, sliced green onions, and chicken; toss to coat. Cover and chill chicken until ready to assemble cups.
- Fill won ton cups evenly with cabbage (about 1 teaspoon) and chicken mixture (about 2 1/2 teaspoons) just before serving.
- Make Ahead: Won ton cups can be baked a day ahead and stored in an airtight container. Chicken filling and cabbage can be prepared a day ahead and chilled separately.

## Nutrition Facts



## Properties

Glycemic Index:190.27, Glycemic Load:11.23, Inflammation Score:-9, Nutrition Score:54.807391415472%

## Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 1478.4kcal (73.92%), Fat: 67.64g (104.06%), Saturated Fat: 10.77g (67.31%), Carbohydrates: 149.67g (49.89%), Net Carbohydrates: 136.89g (49.78%), Sugar: 27.22g (30.24%), Cholesterol: 121.2mg (40.4%), Sodium: 1486.25mg (64.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.54g (149.08%), Manganese: 3.07mg (153.43%), Vitamin B3: 29.35mg (146.76%), Selenium: 89.81µg (128.31%), Vitamin E: 16.7mg (111.31%), Vitamin B2: 1.56mg (91.76%), Phosphorus: 829.36mg (82.94%), Vitamin B1: 1.23mg (81.76%), Magnesium: 285.09mg (71.27%), Folate: 273.02µg (68.26%), Vitamin K: 67.91µg (64.68%), Iron: 10.95mg (60.84%), Copper: 1.09mg (54.51%), Vitamin B6: 1.04mg (51.97%), Fiber: 12.78g (51.1%), Zinc: 6.33mg (42.22%), Potassium: 1316.12mg (37.6%), Vitamin C: 25.48mg (30.88%), Calcium: 304.97mg (30.5%), Vitamin B5: 2.24mg (22.39%), Vitamin A: 526.18IU (10.52%), Vitamin B12: 0.44µg (7.37%)