



Asian Chicken Wonton Cups

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds toasted sliced
- 0.5 cup cabbage shredded chinese (napa)
- 2 teaspoons chili puree with garlic
- 1 cup roasted chicken cooked chopped
- 3 tablespoons creamy peanut butter
- 2 teaspoons sesame oil dark
- 2 tablespoons spring onion sliced
- 1 tablespoon honey

- 2 tablespoons juice of lime fresh
- 24 wonton skins ()
- 1 tablespoon rice vinegar
- 3 tablespoons water

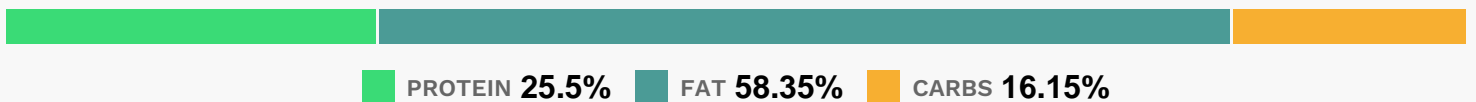
Equipment

- bowl
- oven
- whisk
- wire rack
- muffin liners

Directions

- Heat oven to 375F. Spray 24 mini muffin cups with cooking spray. Carefully press 1 wonton skin into each cup (wrapper will extend above rim); spray lightly with cooking spray.
- Bake 8 to 10 minutes or until lightly browned and crisp.
- Remove from cups to cooling rack; cool completely.
- Meanwhile, in medium bowl, mix peanut butter, water, lime juice, vinegar, honey, chili puree and sesame oil with whisk until blended.
- Add almonds, onions and chicken; toss to coat.
- Just before serving, fill wonton cups evenly with cabbage (about 1 teaspoon) and chicken mixture (about 2 1/2 teaspoons).

Nutrition Facts



Properties

Glycemic Index:8.43, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.6856521698444%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 45.06kcal (2.25%), Fat: 3.01g (4.63%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.44g (0.52%), Sugar: 1.12g (1.24%), Cholesterol: 5.32mg (1.77%), Sodium: 31.87mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin E: 0.69mg (4.57%), Vitamin B3: 0.8mg (4.02%), Manganese: 0.08mg (3.93%), Phosphorus: 28mg (2.8%), Magnesium: 10.2mg (2.55%), Selenium: 1.61µg (2.31%), Vitamin K: 2.2µg (2.1%), Vitamin B2: 0.04mg (2.1%), Vitamin B6: 0.04mg (1.91%), Fiber: 0.43g (1.73%), Copper: 0.03mg (1.66%), Zinc: 0.21mg (1.38%), Potassium: 44.48mg (1.27%), Vitamin C: 1.01mg (1.23%), Iron: 0.21mg (1.19%)