



Baked Wonton Crisps



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



36 kcal

Ingredients

- 12 wonton skins
- 0.3 teaspoon salt
- 1.5 teaspoons sesame seed
- 1.5 teaspoons vegetable oil
- 1.5 teaspoons water

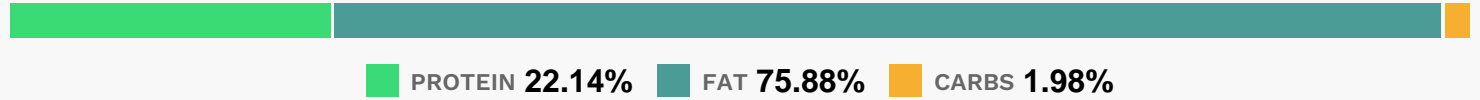
Equipment

- baking sheet
- oven

Directions

- Combine 1 1/2 teaspoons sesame or vegetable oil with 1 1/2 teaspoons water; brush evenly over 12 wonton skins on a baking sheet.
- Sprinkle 1 1/2 teaspoons sesame seeds and 1/4 teaspoon salt evenly over wonton skins.
- Bake at 400 for 5 minutes or until lightly browned and crisp.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.50173912982902%

Nutrients (% of daily need)

Calories: 35.53kcal (1.78%), Fat: 2.99g (4.6%), Saturated Fat: 0.64g (4%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0g (0%), Cholesterol: 2.85mg (0.95%), Sodium: 200.66mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Vitamin K: 3.1µg (2.96%), Copper: 0.03mg (1.55%)