



Black Bean and Corn Wonton Cups

 Gluten Free

READY IN



35 min.

SERVINGS



36

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 wonton skins
- ☐ 0.7 cup salsa thick
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon chili powder
- ☐ 15.3 ounces corn whole drained canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.3 cup cream sour

☐ 1 sprigs cilantro leaves

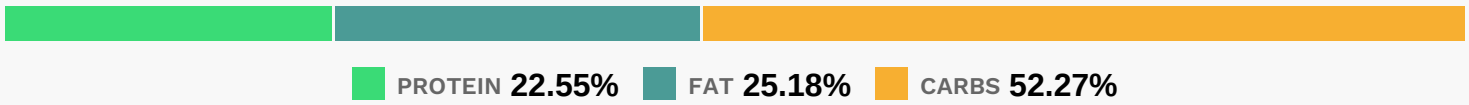
Equipment

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

Directions

- ☐ Heat oven to 350°F. Gently fit 1 wonton skin into each of 36 small muffin cups, 1 3/4x1 inch, pressing against bottom and side.
- ☐ Bake 8 to 10 minutes or until light golden brown.
- ☐ Remove from pan; cool on wire rack.
- ☐ Mix remaining ingredients except sour cream and cilantro sprigs. Just before serving, spoon bean mixture into wonton cups. Top each with 1/2 teaspoon sour cream.
- ☐ Garnish each with cilantro sprig.

Nutrition Facts



Properties

Glycemic Index:1.92, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.19999999931001%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 29.86kcal (1.49%), Fat: 0.85g (1.3%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.03g (1.1%), Sugar: 0.24g (0.27%), Cholesterol: 1.89mg (0.63%), Sodium: 115.98mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Fiber: 0.92g (3.68%), Folate: 11.09µg (2.77%), Manganese: 0.04mg (2.1%), Phosphorus: 20.74mg (2.07%), Potassium: 66.67mg (1.9%), Iron: 0.31mg (1.71%), Magnesium: 6.53mg (1.63%), Copper: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.38%), Vitamin B2: 0.02mg (1.23%), Vitamin B3: 0.23mg (1.14%), Vitamin A: 54.29IU (1.09%)