



Black Bean—Corn Wonton Cups

READY IN



35 min.

SERVINGS



36

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounces black beans rinsed drained canned
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.7 cup salsa chunky-style
- ☐ 0.3 cup cream fat-free sour
- ☐ 15 ounces corn whole drained canned
- ☐ 36 2-inch wonton wrappers (3 1/4 squares)

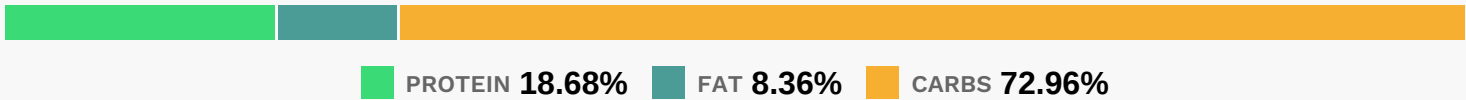
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 35
- ☐ Gently fit 1 wonton wrapper into each of 36 small muffin cups, 1 3/4x1 inch.
- ☐ Bake 8 to 10 minutes or until light golden brown.
- ☐ Remove from pan; cool on wire racks.
- ☐ Mix remaining ingredients except sour cream in medium bowl. Just before serving, spoon bean mixture into wonton cups. Top each with 1/2 teaspoon sour cream.

Nutrition Facts



Properties

Glycemic Index:1.03, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2734782663376%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 25.19kcal (1.26%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.74g (1.36%), Sugar: 0.19g (0.21%), Cholesterol: 0.23mg (0.08%), Sodium: 104.72mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Fiber: 0.94g (3.74%), Folate: 11.94µg (2.98%), Manganese: 0.05mg (2.39%), Phosphorus: 21.74mg (2.17%), Potassium: 67mg (1.91%), Iron: 0.33mg (1.83%), Vitamin B1: 0.03mg (1.74%), Magnesium: 6.69mg (1.67%), Copper: 0.03mg (1.6%), Vitamin B2: 0.02mg (1.42%), Vitamin B3: 0.28mg (1.4%)