



## BLT Wonton Crunchies

READY IN



30 min.

SERVINGS



6

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup mayonnaise fat-free
- 1 Dash garlic powder
- 2 cups iceberg lettuce finely chopped
- 1 Dash pepper black
- 3 large plum tomatoes chopped
- 1 Dash salt
- 6 slices at least of turkey bacon
- 12 small square wonton wrappers
- 3 tablespoons hellmann's/best foods dijonnaise

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## Equipment

- bowl
- frying pan
- paper towels
- oven
- stove
- muffin tray

## Directions

- Preheat the oven to 350 degrees F.
- Bring a skillet sprayed with nonstick spray to medium heat on the stove.
- Add bacon and cook until crispy, about 4 minutes per side. Set it aside to drain and cool on paper towels.
- Spray a 12-cup muffin pan with nonstick spray.
- Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides. Lightly spray the wrappers with nonstick spray.
- Bake in the oven until they are light golden brown, about 8 minutes. Set aside to cool.
- In a large bowl, combine mayo, Dijonnaise, garlic powder, salt, and pepper.
- Mix well.
- Add tomato and lettuce. Finely chop the bacon and add about three-fourths to the bowl; reserve the rest for topping. Gently stir until uniform. Set aside.
- Transfer the cooled wonton shells to a plate. Evenly distribute the mixture among the shells, about 3 tablespoons per shell. Evenly top with the remaining bacon.
- Serve immediately!

## Nutrition Facts



## Properties

Glycemic Index:17.83, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:5.0626086851825%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 114.25kcal (5.71%), Fat: 4.49g (6.9%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.43g (4.16%), Sugar: 2.28g (2.53%), Cholesterol: 15.94mg (5.31%), Sodium: 491.97mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Selenium: 7.9µg (11.29%), Vitamin K: 11.63µg (11.08%), Phosphorus: 89.37mg (8.94%), Manganese: 0.17mg (8.27%), Vitamin A: 380.9IU (7.62%), Vitamin B3: 1.52mg (7.61%), Vitamin B1: 0.11mg (7.18%), Folate: 25.78µg (6.45%), Vitamin B2: 0.1mg (6.09%), Vitamin C: 4.92mg (5.96%), Iron: 1mg (5.53%), Potassium: 180.05mg (5.14%), Fiber: 1.12g (4.47%), Vitamin B6: 0.08mg (4.23%), Zinc: 0.62mg (4.17%), Copper: 0.07mg (3.48%), Magnesium: 12.38mg (3.1%), Vitamin E: 0.36mg (2.39%), Calcium: 16.4mg (1.64%)