



Buffalo Chicken Wings Wonton Wraps

READY IN



45 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces chicken diced cooked
- 1 ounces weight cream cheese fat free
- 1 ounces cheddar cheese low fat
- 0.3 cups hot sauce
- 20 wonton wrappers whole
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Equipment

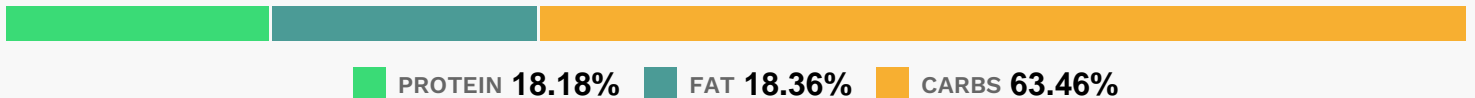
- bowl

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 350 degrees
- Line a baking sheet with parchment paper.
- Cut your chicken into tiny pieces, as small as you can get it.
- In a medium bowl add chicken, cream cheese, cheddar cheese and hot sauce.
- Mix together until well blended.
- In a tiny bowl, add some water. This is for sealing the edges of your wontons.
- Place 1 1/2 tsp. of mixture in won-ton wrapper, take your finger and dip in water and place along the edges of the wrapper (this will be the glue to seal the wrappers together). Fold wrapper over into triangle place on baking sheet, Do the same for the rest of the wrappers.
- Bake in over for 15 minutes, until lightly brown.
- Serve with Light Blue Cheese or Ranch Dressing on the side.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.1886956521739%

Taste

Sweetness: 21.25%, Saltiness: 100%, Sourness: 28.65%, Bitterness: 20.79%, Savoriness: 56.5%, Fattiness: 68.31%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 57.1kcal (2.86%), Fat: 1.14g (1.76%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.6g (3.13%), Sugar: 0.12g (0.13%), Cholesterol: 4.98mg (1.66%), Sodium: 186.22mg (8.1%), Protein: 2.54g (5.09%), Selenium: 5.09µg (7.28%), Vitamin B1: 0.08mg (5.44%), Vitamin B3: 1.01mg (5.05%), Manganese: 0.1mg (4.9%), Vitamin B2: 0.07mg (4.26%), Folate: 14.04µg (3.51%), Iron: 0.55mg (3.04%), Phosphorus: 30.39mg (3.04%), Vitamin C: 2.29mg (2.77%), Calcium: 22.59mg (2.26%), Zinc: 0.22mg (1.46%), Copper: 0.03mg (1.26%),

Fiber: 0.28g (1.12%), Magnesium: 4.39mg (1.1%), Vitamin B6: 0.02mg (1.02%)