

Buffalo Wontons

READY IN



110 min.

SERVINGS



16

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounce cream cheese softened
- ☐ 1 egg white
- ☐ 2 cups oil for frying
- ☐ 0.5 cup pepper sauce hot
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 2 teaspoons distilled vinegar white
- ☐ 12 ounce wonton wrappers

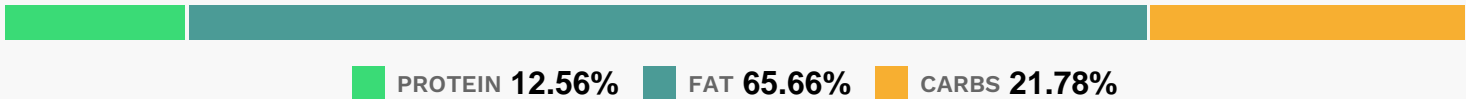
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt the butter over medium-high heat in a small saucepan.
- ☐ Remove from heat; whisk the hot pepper sauce and vinegar into the hot butter. When mixture is smooth, set sauce aside and allow to rest for 1 hour to cool and thicken. Stir the shredded chicken into the cooled buffalo sauce, and let stand 15 minutes.
- ☐ Lay out several wonton wrappers, place 1/2 teaspoon chicken in the center of each wrapper and top with 1/2 teaspoon cream cheese.
- ☐ Brush the edges of the wonton wrappers with egg white, fold them over the filling in a triangle shape and press the edged together to seal. Continue until all of the wontons are filled.
- ☐ Heat the oil in a saucepan over medium-high heat to 375 degrees F (190 degrees C).
- ☐ Cook the wontons, carefully placing the wontons 4 to 5 at a time into the hot oil and deep fry until golden brown, flipping as necessary for even browning, about 2 minutes.
- ☐ Remove the wontons from the oil and drain on paper towel.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:5.4278260935908%

Nutrients (% of daily need)

Calories: 242.99kcal (12.15%), Fat: 17.74g (27.29%), Saturated Fat: 7.3g (45.61%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.84g (4.67%), Sugar: 0.65g (0.72%), Cholesterol: 44.61mg (14.87%), Sodium: 426.22mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Selenium: 11.97µg (17.1%), Vitamin B3: 2.57mg (12.85%), Vitamin B2: 0.16mg (9.15%), Vitamin B1: 0.13mg (8.51%), Vitamin E: 1.28mg (8.5%), Vitamin A: 389.94IU (7.8%), Manganese: 0.14mg (7.22%), Phosphorus: 68.82mg (6.88%), Vitamin C: 5.61mg (6.8%), Iron: 0.98mg (5.45%), Folate: 21.17µg (5.29%), Vitamin B6: 0.1mg (4.91%), Vitamin K: 4.97µg (4.73%), Zinc: 0.5mg (3.35%),

Calcium: 28.31mg (2.83%), Vitamin B5: 0.28mg (2.76%), Potassium: 91.79mg (2.62%), Magnesium: 9.93mg (2.48%),
Copper: 0.05mg (2.32%), Vitamin B12: 0.1µg (1.67%), Fiber: 0.41g (1.62%)