



Canadian Won Tons

READY IN



70 min.

SERVINGS



75

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons barbeque sauce
- 1 teaspoon cayenne pepper
- 5 cups chicken meat shredded cooked
- 8 ounce cream cheese
- 1 bell pepper diced green seeded
- 5 green onions chopped
- 0.5 teaspoon paprika
- 75 servings salt and pepper to taste
- 2 cups cheddar cheese shredded

- 0.3 cup vegetable oil
- 10 ounce kernel corn whole drained canned
- 14 ounce won ton wrappers

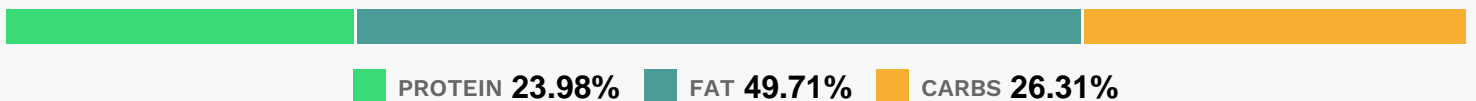
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, toss together the chicken, corn, green pepper, green onions, and Cheddar cheese. In a separate bowl, stir together the cream cheese, barbeque sauce, cayenne pepper, paprika, salt and pepper. Blend the cream cheese mixture into the chicken mixture until everything is evenly coated.
- Preheat the oven to 400 degrees F (200 degrees C).
- Lay out the wonton wrappers on a clean surface, and place a spoonful of the chicken and cheese filling on each one. Fold into triangles or rolls, sealing with a bit of water if necessary.
- Place onto baking sheets, and brush with lightly with vegetable oil or spray with cooking spray.
- Bake for about 10 minutes in the preheated oven, turning once, until golden brown.

Nutrition Facts



Properties

Glycemic Index:1.91, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.1934782988999%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 64.99kcal (3.25%), Fat: 3.56g (5.47%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 4.08g (1.48%), Sugar: 0.42g (0.46%), Cholesterol: 13.54mg (4.51%), Sodium: 273.83mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Selenium: 4.92µg (7.03%), Vitamin B3: 1.08mg (5.38%), Phosphorus: 41.67mg (4.17%), Vitamin B2: 0.06mg (3.32%), Vitamin K: 3.29µg (3.13%), Calcium: 29.08mg (2.91%), Vitamin B1: 0.04mg (2.47%), Vitamin B6: 0.05mg (2.46%), Manganese: 0.04mg (2.17%), Vitamin A: 108.45IU (2.17%), Zinc: 0.32mg (2.16%), Folate: 7.74µg (1.93%), Iron: 0.34mg (1.86%), Vitamin C: 1.51mg (1.84%), Magnesium: 5mg (1.25%), Vitamin B5: 0.13mg (1.25%), Potassium: 43.9mg (1.25%), Vitamin B12: 0.07µg (1.11%)