



# Chicken Wontons with Hoisin Peanut Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons brown sugar
- 1 cup cabbage shredded finely
- 1 cup meat from a rotisserie chicken diced cooked
- 2 tablespoons cilantro leaves fresh diced
- 4 green onions diced
- 1 tablespoon hoisin sauce
- 36 servings vegetable oil; peanut oil preferred

- 36 servings peanut dipping sauce
- 1 teaspoon sesame oil
- 36 wonton wrappers

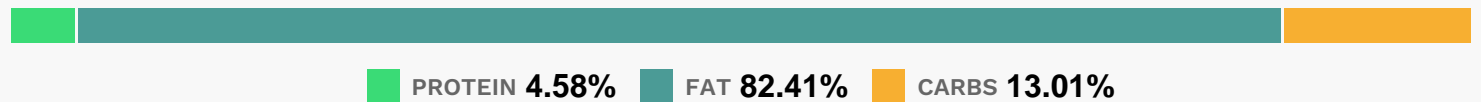
## Equipment

- paper towels
- dutch oven

## Directions

- Stir together first 7 ingredients. Spoon 1 teaspoon mixture in center of each wonton wrapper. Moisten wonton edges with water. Bring corners together, pressing to seal.
- Pour oil to a depth of 3 inches into a Dutch oven; heat to 37
- Fry wontons in batches until golden, turning once.
- Drain on wire racks over paper towels.
- Serve immediately with Peanut Dipping Sauce.

## Nutrition Facts



## Properties

Glycemic Index:3, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.0943478287562%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 158.45kcal (7.92%), Fat: 14.64g (22.53%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.97g (1.81%), Sugar: 0.61g (0.67%), Cholesterol: 3.61mg (1.2%), Sodium: 67.77mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin E: 2.21mg (14.74%), Selenium: 3.1µg (4.42%), Vitamin K: 4.42µg (4.21%), Vitamin B3: 0.73mg (3.65%), Vitamin B1: 0.04mg (2.89%), Manganese: 0.06mg (2.76%), Vitamin B2: 0.04mg (2.17%), Folate: 8.45µg (2.11%), Iron: 0.34mg (1.88%), Phosphorus: 14.73mg (1.47%), Vitamin C: 0.97mg (1.18%), Vitamin B6: 0.02mg (1.09%)