

Chocolate Banana Fried Wontons with Grand Marnier® Caramel Sauce

READY IN



45 min.

SERVINGS



30

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 banana very ripe
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 0.5 cup butter
- 2 tablespoons plus light
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 30 servings cooking oil for frying

- 1 tablespoon orange liqueur grand marnier® (such as)
- 2 tablespoons bittersweet chocolate miniature
- 0.3 teaspoon vanilla extract
- 14 ounce wonton wrappers
- 14 ounce wonton wrappers

Equipment

- food processor
- paper towels
- sauce pan
- mixing bowl
- pastry brush

Directions

- Place the bananas, 1/3 cup chocolate chips, clove, cinnamon, and vanilla into a mixing bowl, and mash until evenly blended. Alternatively, chop the mixture in a food processor until the chocolate chips have been reduced in size. This will help prevent the chips from poking through the wonton skins as you handle them. It will also change the texture of the filling – you will not have pockets of melted chocolate in the wontons.
- To make the wontons: Separate and place the wonton wrappers onto your work surface. Spoon about 1 teaspoon of the banana filling onto the center of each wrapper. Use your finger or a pastry brush to lightly moisten the edges of the wonton wrappers with water. Fold one corner of the wrapper over the filling onto the opposite corner to form a triangle. Press the edges together to seal. Repeat with the remaining ingredients.
- Prepare the sauce by combining the butter, brown sugar, orange liqueur, and corn syrup in a small saucepan. Bring to a simmer over medium heat, and cook until the sugar has dissolved and the sauce is smooth, about 4 minutes. Set aside to cool slightly.
- Fry the wontons in the hot oil a few at a time until golden brown, about 4 minutes. Turn the wontons over halfway through cooking so they brown evenly.
- Remove, and drain on a paper towel-lined plate.
- Serve warm with the caramel sauce.
- Sprinkle with the remaining 2 tablespoons chocolate chips to garnish.

Nutrition Facts

PROTEIN 6.33% FAT 34.19% CARBS 59.48%

Properties

Glycemic Index:4.29, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:3.7443478230549%

Flavonoids

Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 175.41kcal (8.77%), Fat: 6.68g (10.28%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 25.37g (9.23%), Sugar: 9.73g (10.82%), Cholesterol: 10.58mg (3.53%), Sodium: 178.91mg (7.78%), Alcohol: 0.14g (100%), Alcohol %: 0.29% (100%), Protein: 2.78g (5.57%), Selenium: 7.76µg (11.09%), Manganese: 0.22mg (11.05%), Vitamin B1: 0.14mg (9.41%), Vitamin B3: 1.51mg (7.53%), Vitamin B2: 0.11mg (6.33%), Folate: 24.52µg (6.13%), Iron: 1.03mg (5.72%), Vitamin E: 0.59mg (3.96%), Fiber: 0.78g (3.1%), Copper: 0.06mg (3.07%), Phosphorus: 27.02mg (2.7%), Magnesium: 10mg (2.5%), Vitamin K: 2.4µg (2.29%), Calcium: 20.92mg (2.09%), Vitamin A: 103.86IU (2.08%), Vitamin B6: 0.04mg (2.02%), Potassium: 66.65mg (1.9%), Zinc: 0.24mg (1.59%)