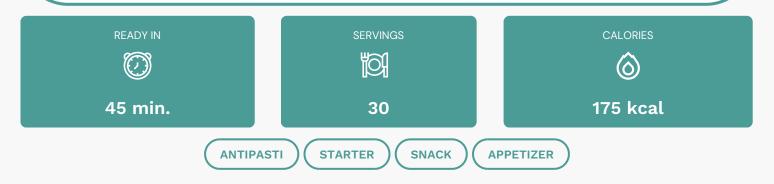


Chocolate Banana Fried Wontons with Grand Marnier® Caramel Sauce



Ingredients

2 Barraria 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 finge 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

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%)