

Chocolate Wontons

READY IN



50 min.

SERVINGS



40

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup milk chocolate chips
- 10 strawberries quartered
- 3 cups vegetable oil for frying
- 12 ounce wonton wrappers

Equipment

- baking sheet
- paper towels
- sauce pan

baking paper

Directions

- Place a wonton wrapper on a work surface. Spoon about 1 teaspoon of chocolate chips into the center of the wrapper. Top with a piece of strawberry. Dip your finger in water, and moisten 2 adjacent inside edges of the wrapper. Fold the wrapper into a triangle; squeeze out as much air as possible from the contents, and make sure the wrapper is very well sealed by pressing the edges with your fingers. Set the filled wrappers on a parchment paper-lined baking sheet.
- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Fry the wonton triangles, a few at a time, until golden brown, about 45 seconds on the first side. Flip them in the oil, and fry an additional 30 seconds on the second side.
- Drain the fried wontons on paper towels. Dust with confectioners' sugar.
- Serve warm.

Nutrition Facts

  **PROTEIN 4.39%**  **FAT 54.26%**  **CARBS 41.35%**

Properties

Glycemic Index:1, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.4130434734018%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 77.12kcal (3.86%), Fat: 4.69g (7.22%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.83g (2.85%), Sugar: 2.72g (3.02%), Cholesterol: 0.77mg (0.26%), Sodium: 48.68mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin K: 6.08µg (5.79%), Selenium: 2.41µg (3.44%), Manganese: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.99%), Vitamin B3: 0.47mg (2.36%), Vitamin C: 1.76mg (2.14%), Folate: 8.03µg (2.01%), Vitamin B2: 0.03mg (1.93%), Vitamin E: 0.28mg (1.84%), Iron: 0.3mg (1.66%)