



Collard Green Won Tons

READY IN



150 min.

SERVINGS



35

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup pepper black
- ☐ 4 tablespoons butter
- ☐ 0.5 large bunch collard greens
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup garlic powder
- ☐ 35 servings olive oil for drizzling
- ☐ 35 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 tablespoon pepper sauce hot recommended: Texas Pete
- ☐ 1 cup salt

- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 teaspoon house seasoning plus more for seasoning, recipe follows
- ☐ 4 ounces neck bones smoked
- ☐ 70 wonton wrappers

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot

Directions

- ☐ In a large pot, bring 1 1/2 quarts water to a boil and add smoked meat, House Seasoning, seasoned salt, hot sauce and a drizzle of olive oil. Reduce heat to medium and cook for 1 hour.
- ☐ Meanwhile, wash collard greens thoroughly.
- ☐ Remove the thick stem that runs down the center of the greens by holding the leaf in your left hand and stripping the leaf down with your right hand. Stack 6 to 8 leaves on top of each other, roll up and slice into 1/2 to 1- inch thick slices.
- ☐ Place greens in pot.
- ☐ Add butter. Cook, stirring occasionally, until greens are tender, about 45 minutes to 1 hour. When done, taste and adjust seasoning.
- ☐ Remove collard greens from broth and transfer to a large bowl.
- ☐ Mix in softened cream cheese.
- ☐ To assemble, place a spoonful of mixture in the center of a wonton wrapper and fold into a triangle, pressing to seal. Repeat with remaining wrappers.
- ☐ Heat several inches of peanut oil in a heavy deep pot to 350 degrees F. Fry wontons in batches until golden brown, about 2 to 3 minutes per batch.
- ☐ Drain on paper towels. Best if served immediately.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



 **PROTEIN 4.67%**  **FAT 76.47%**  **CARBS 18.86%**

Properties

Glycemic Index:3.4, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:5.4291304181451%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 241.71kcal (12.09%), Fat: 20.91g (32.17%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 10.58g (3.85%), Sugar: 0.32g (0.35%), Cholesterol: 12.85mg (4.28%), Sodium: 3429.54mg (149.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin K: 24.21µg (23.06%), Manganese: 0.36mg (18.12%), Vitamin E: 2.66mg (17.77%), Selenium: 5.83µg (8.32%), Vitamin B1: 0.09mg (6.1%), Vitamin A: 277.82IU (5.56%), Iron: 0.97mg (5.4%), Vitamin B2: 0.08mg (4.97%), Vitamin B3: 0.98mg (4.88%), Folate: 18.62µg (4.66%), Fiber: 1.02g (4.08%), Phosphorus: 33.64mg (3.36%), Calcium: 33.6mg (3.36%), Copper: 0.06mg (3.06%), Vitamin B6: 0.06mg (2.82%), Magnesium: 9.48mg (2.37%), Potassium: 77.98mg (2.23%), Zinc: 0.26mg (1.75%), Vitamin C: 1.26mg (1.53%)