

Crab Rangoon II

READY IN



25 min.

SERVINGS



10

CALORIES



403 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium head bok choy chopped
- ☐ 6 ounce crab meat drained canned
- ☐ 8 ounce cream cheese softened
- ☐ 1 clove garlic minced
- ☐ 1 quart oil for frying
- ☐ 2 tablespoons onion minced
- ☐ 2 tablespoons snow peas chopped
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

☐ 14 ounce won ton wrappers

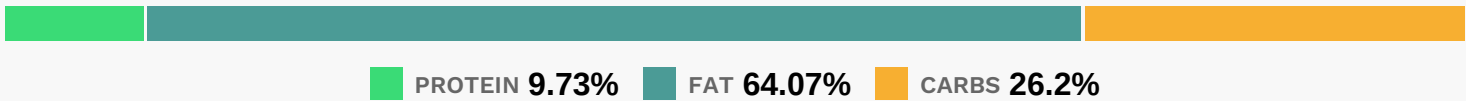
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Heat oil for frying in deep-fryer or large, heavy saucepan to 375 degrees F (190 degrees C).
- ☐ Heat 1 tablespoon vegetable oil in a large skillet.
- ☐ Add garlic and onion, and saute for 2 minutes.
- ☐ Add bok choy and pea pods, and stir fry until the bok choy and pea pods are crisp-tender.
- ☐ In a large mixing bowl, combine crab, cream cheese, soy sauce and sauteed vegetable mixture. Drop mixture by 3/4 teaspoon into the center of a won ton wrapper. Fold the wrapper in half to make a triangle. Seal the wrapper around the mixture by wetting your finger with cold water and pressing the ends together.
- ☐ In batches, fry the dumplings in the prepared oil until golden brown.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:19.439999704776%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 402.82kcal (20.14%), Fat: 28.99g (44.6%), Saturated Fat: 6.35g (39.66%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 24.99g (9.09%), Sugar: 2.08g (2.31%), Cholesterol: 42.98mg (14.33%), Sodium: 549.4mg (23.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Vitamin A: 4095.82IU (81.92%), Vitamin K: 55.5µg (52.85%), Vitamin C: 40.38mg (48.94%), Selenium: 20.95µg (29.93%), Vitamin E: 4.02mg (26.8%), Folate: 102.24µg (25.56%), Manganese: 0.43mg (21.28%), Vitamin B1: 0.26mg (17.05%), Vitamin B2: 0.28mg (16.63%), Vitamin B3: 3.15mg (15.77%), Calcium: 146.97mg (14.7%), Phosphorus: 132.24mg (13.22%), Iron: 2.23mg (12.39%), Vitamin B6: 0.23mg (11.43%), Copper: 0.22mg (11.25%), Vitamin B12: 0.62µg (10.4%), Potassium: 332.07mg (9.49%), Magnesium: 33.77mg (8.44%), Zinc: 1.23mg (8.17%), Fiber: 1.69g (6.74%), Vitamin B5: 0.42mg (4.16%)