

health-score 69%

HEALTH SCORE

Crab Rangoons

Very Healthy

READY IN

ready

75 min.

SERVINGS

servings

1

CALORIES

calories

1787 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces surimi crab sticks shelled cooked
- ☐ 8 ounces cream cheese
- ☐ 1 large eggs
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 tablespoons garlic fresh minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon soya sauce reduced-sodium
- ☐ 1 serving mustard mixed sweet with hot chili oil, and asian chili sauce hot chinese-style

- ☐ 1 serving vegetable oil for frying
- ☐ 30 square wonton wrappers (3 in.)

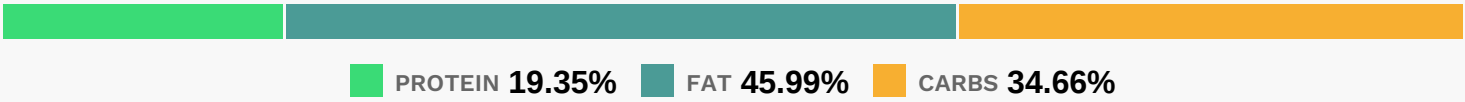
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Whirl cream cheese, ginger, garlic, and soy sauce together in a food processor until smooth.
- ☐ Transfer mixture to a medium bowl. Stir in green onions and crab.
- ☐ Whisk together egg and 1 tbsp. water in a small dish.
- ☐ Lay wonton wrappers flat.
- ☐ Brush with egg wash, covering completely with a thin layer. Spoon a scant 1 tbsp. crab mixture onto center of each wonton. Pull up corners so all four meet in the center, pressing edges together to seal. Set on a rimmed baking sheet lined with a sheet of parchment paper.
- ☐ Fill a wide pot with 2 in. oil.
- ☐ Heat over medium heat to 350 on a deep-fry thermometer. Working in batches of 3 or 4, fry rangoons, turning as needed, until golden brown, about 8 minutes. Use a slotted spoon to transfer rangoons to a plate lined with paper towels.
- ☐ Let cool slightly before serving with dipping sauces.
- ☐ Make ahead: Through step 2, up to 3 hours, chilled, or 2 weeks, frozen.

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:5.58, Inflammation Score:-10, Nutrition Score:64.745217613552%

Flavonoids

Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 1787.25kcal (89.36%), Fat: 90.91g (139.87%), Saturated Fat: 48.91g (305.68%), Carbohydrates: 154.16g (51.39%), Net Carbohydrates: 148.73g (54.08%), Sugar: 10.25g (11.39%), Cholesterol: 655.31mg (218.44%), Sodium: 3941.54mg (171.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.08g (172.16%), Selenium: 198.2µg (283.14%), Vitamin B12: 8.54µg (142.35%), Copper: 2.36mg (118.09%), Phosphorus: 1119.68mg (111.97%), Vitamin B2: 1.89mg (111.31%), Manganese: 2.05mg (102.48%), Vitamin B3: 19.22mg (96.08%), Folate: 378.14µg (94.53%), Vitamin B1: 1.35mg (89.85%), Zinc: 12.47mg (83.16%), Vitamin A: 3602.6IU (72.05%), Calcium: 614.13mg (61.41%), Vitamin K: 62.78µg (59.79%), Iron: 10.76mg (59.78%), Vitamin E: 7.13mg (47.53%), Vitamin B5: 4.57mg (45.7%), Magnesium: 179.12mg (44.78%), Vitamin B6: 0.89mg (44.75%), Potassium: 1387.85mg (39.65%), Fiber: 5.43g (21.74%), Vitamin C: 17.88mg (21.67%), Vitamin D: 1µg (6.67%)