



## Crab Rangoons (Crab Puffs) With Sweet and Sour Sauce

♥♥ Popular

READY IN



60 min.

SERVINGS



6

CALORIES



3083 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 1 tablespoon cornstarch
- ☐ 6 ounces crab meat cut into 1/2-inch pieces)
- ☐ 8 ounces cream cheese softened
- ☐ 2 tablespoons catsup
- ☐ 6 servings kosher salt
- ☐ 2 quarts vegetable oil; peanut oil preferred

- ☐ 0.5 cup pineapple chunks fresh canned drained
- ☐ 2 teaspoons pepper red to taste (more or less )
- ☐ 0.5 cup rice vinegar
- ☐ 0.5 cup spring onion finely sliced
- ☐ 0.5 cup water
- ☐ 1 wonton wrappers yellow (preferably )

## Equipment

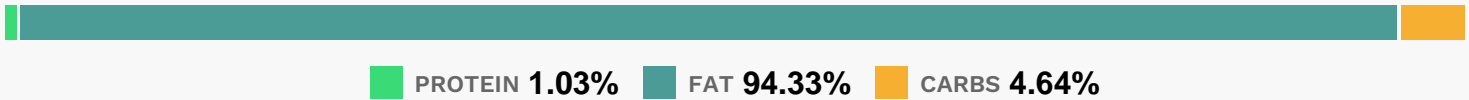
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ wok
- ☐ spatula
- ☐ dutch oven
- ☐ immersion blender
- ☐ cutting board

## Directions

- ☐ Combine vinegar, brown sugar, ketchup, chili flakes, and water in a small saucepan and bring to a simmer over medium-high heat, whisking to combine until sugar is dissolved.
- ☐ Combine remaining tablespoon water and corn starch in a small bowl and whisk with a fork to form a slurry.
- ☐ Whisk into sauce and bring to a boil. Allow to cool while you form the crab rangoon.
- ☐ Combine cream cheese, crab, and scallions in a medium bowl and fold with a spatula or your hands until combined.

- ☐ Lay one wonton wrapper out on a cutting board (keep the rest under plastic wrap or a damp towel) and place a small amount of filling in the center (about 1 1/2 teaspoons). Moisten the edges with a wet fingertip, the seal by either folding it in have in a triangular shape, or by pushing the four edges in towards the center to create a four-pointed star. Be careful not to allow any air to remain inside as you seal them.
- ☐ Transfer to a large plate, cover loosely with plastic wrap, and repeat until all of the filling is used.
- ☐ To finish the sauce, add pineapple chunks and puree with an immersion blender or by transferring to a standing blender.
- ☐ Heat oil in a wok or Dutch oven to 375°F as registered on an instant read thermometer. Carefully add 10 to 12 crab rangoons to the oil. Cook, adjust flame to maintain temperature and agitating and flipping them constantly with a wire mesh spider until crisp and golden brown, about 3 minutes.
- ☐ Transfer to a paper towel-lined bowl to drain, season with salt, and serve immediately with sweet and sour sauce.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:13.634782677111%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 3083.17kcal (154.16%), Fat: 328.78g (505.82%), Saturated Fat: 61g (381.23%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 35.64g (12.96%), Sugar: 32.22g (35.8%), Cholesterol: 50.2mg (16.73%), Sodium: 623.68mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.13%), Vitamin E: 50.23mg (334.85%), Vitamin B12: 2.63µg (43.91%), Selenium: 14.7µg (20.99%), Vitamin K: 21.24µg (20.23%), Vitamin A: 830.88IU (16.62%), Copper: 0.33mg (16.36%), Zinc: 2.02mg (13.46%), Phosphorus: 113.43mg (11.34%), Calcium: 87.24mg (8.72%), Vitamin B2: 0.13mg (7.6%), Vitamin C: 5.61mg (6.8%), Magnesium: 26.74mg (6.69%), Potassium: 220.33mg (6.3%), Folate: 24.18µg (6.05%), Vitamin B6: 0.12mg (5.85%), Iron: 0.87mg (4.81%), Manganese: 0.08mg (4.11%), Vitamin B5: 0.37mg (3.66%), Vitamin B1: 0.05mg (3.62%), Vitamin B3: 0.69mg (3.46%), Fiber: 0.75g (3.02%)