



## Cranberry-Crab Rangoon



Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 30 servings canola oil for cooking
- ☐ 0.5 cup chives chopped for garnish
- ☐ 0.8 pound cream cheese softened
- ☐ 2 cups cranberries dried such as craisins, chopped
- ☐ 2 eggs mixed with 1/4 cup water
- ☐ 30 servings pepper black freshly ground to taste
- ☐ 2 tablespoons lemon grass white minced
- ☐ 1 package wonton skins thin (at least 60-count)

- ☐ 2 onion red cut into 1/2-inch dice
- ☐ 2 cups rice vinegar brewed
- ☐ 0.5 cup sugar

## Equipment



- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ In a sauté pan coated lightly with oil over high heat, sauté onions and lemongrass until soft, about 5 minutes. Season with kosher salt and freshly ground black pepper and check for flavor.
- ☐ Add cranberries and sugar and deglaze with naturally brewed rice vinegar. Reduce by 75 percent or until liquid is absorbed. Check again for seasoning. (When cool, you can transfer to a container and store in fridge for up to two weeks.)
- ☐ In a large bowl, mix crab, cream cheese, cooled cranberry mixture and chives. Season with kosher salt and freshly ground black pepper and check for flavor.
- ☐ Lay out 4 to 6 skins, lightly brush the edges with egg wash and place a small mound of the mix in the middle. Top with second skin and press firmly to seal. This is very important so the rangoons do not burst and leak. Repeat until filling is gone. Preheat a large sauté pan coated with 1/4-inch of oil over medium-high heat.
- ☐ Add as many rangoons as pan can hold in one layer. Shallow fry until golden brown, flip and fry other side until golden brown.
- ☐ Transfer rangoons to plate lined with paper towels. Arrange on platter and garnish with dollops of cranberry-mixture and reserved chives.
- ☐ Serve with dim sum dipper and cranberry-teriyaki glaze.
- ☐ ·Keep unused wonton skins covered with a damp paper towel so they don't dry out.·To save time, these rangoons can be purchased frozen at Super
- ☐ Target and select Target stores. It's part of Ming Tsai's newly expanded Blue Ginger line.

## Nutrition Facts



 PROTEIN **2.26%**  FAT **76.37%**  CARBS **21.37%**

Properties

Glycemic Index:8.37, Glycemic Load:2.67, Inflammation Score:-2, Nutrition Score:2.6817391462948%

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 Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 212.32kcal (10.62%), Fat: 18.31g (28.16%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 10.93g (3.98%), Sugar: 9.96g (11.07%), Cholesterol: 22.4mg (7.47%), Sodium: 41.52mg (1.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin E: 2.75mg (18.35%), Vitamin K: 12.46µg (11.86%), Vitamin A: 197.88IU (3.96%), Manganese: 0.08mg (3.75%), Selenium: 2.08µg (2.97%), Vitamin B2: 0.05mg (2.69%), Fiber: 0.59g (2.38%), Phosphorus: 22.28mg (2.23%), Calcium: 17.39mg (1.74%), Vitamin B5: 0.14mg (1.4%), Vitamin B6: 0.02mg (1.23%), Folate: 4.76µg (1.19%), Vitamin C: 0.95mg (1.16%), Potassium: 39.8mg (1.14%)