

Cranberry Puffs

READY IN



40 min.

SERVINGS



24

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups canola oil for frying
- 0.8 cup cranberries fresh
- 8 ounce cream cheese softened
- 1 jalapeno
- 0.5 cup mayonnaise
- 0.3 cup sugar white
- 14 ounce wonton wrappers

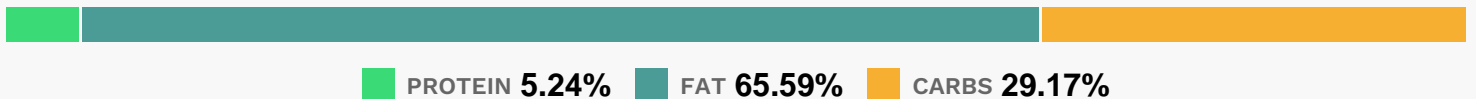
Equipment

- food processor
- bowl
- frying pan
- paper towels
- tongs

Directions

- In a food processor, combine the cranberries, jalapeno pepper, sugar and mayonnaise. Process until smooth. This will be your cranberry relish. Set aside half of this mixture, and pour the rest into a medium bowl.
- Mix cream cheese into this half until well blended.
- Lay a few wonton wrappers at a time out on a clean surface. Spoon about 1 teaspoon of the cream cheese mixture onto the center of each one. Pinch the corners together to make a triangle shape. If they don't stick, wet them with a little water using your finger. Set aside on a piece of waxed paper while you assemble the remaining puffs.
- Heat the oil in a large deep skillet over medium to medium-high heat. When the oil is hot, carefully set 5 to 10 of the dumplings in the pan. Do not over crowd the pan. Fry on each side until golden brown.
- Remove from the hot oil using tongs and place on paper towels to drain.
- Serve on a platter with the reserved cranberry relish as a dipping sauce. The sooner you eat them, the better they taste.

Nutrition Facts



Properties

Glycemic Index:9.34, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:3.1960869585366%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin:

0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate:
0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:
0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg,
Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin:
0.49mg

Nutrients (% of daily need)

Calories: 172.06kcal (8.6%), Fat: 12.6g (19.39%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 12.61g (4.2%), Net
Carbohydrates: 12.18g (4.43%), Sugar: 2.62g (2.91%), Cholesterol: 12.99mg (4.33%), Sodium: 154mg (6.7%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin K: 12.06µg (11.49%), Vitamin E: 1.28mg (8.51%),
Selenium: 5.6µg (8%), Vitamin B1: 0.09mg (5.94%), Manganese: 0.12mg (5.94%), Vitamin B2: 0.09mg (5.09%),
Vitamin B3: 0.92mg (4.58%), Folate: 15.49µg (3.87%), Iron: 0.59mg (3.25%), Vitamin A: 140.42IU (2.81%),
Phosphorus: 24.98mg (2.5%), Calcium: 17.65mg (1.77%), Fiber: 0.43g (1.71%), Copper: 0.03mg (1.45%), Vitamin C:
1.13mg (1.37%), Zinc: 0.18mg (1.17%), Magnesium: 4.48mg (1.12%)