



Crisp Wontons with Strawberry Yogurt

READY IN



20 min.

SERVINGS



6

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 wonton wrappers
- ☐ 2 teaspoons butter melted
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 oz strawberry yogurt light fat free yoplait®
- ☐ 0.5 cup strawberries sliced
- ☐ 0.5 cup semi chocolate chips

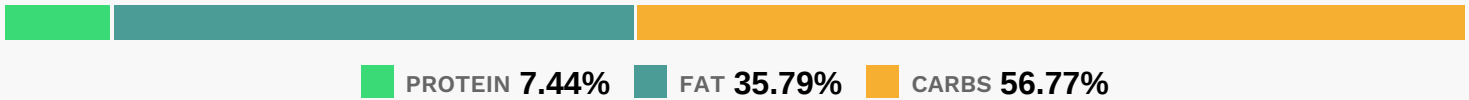
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ Place wonton wrappers on cookie sheet.
- ☐ Brush with melted butter.
- ☐ Mix sugar and cinnamon; sprinkle over wontons.
- ☐ Bake 4 to 6 minutes or until golden brown and crisp.
- ☐ To serve, place 1 wonton on each of 6 plates. Spoon about 2 tablespoons yogurt on each wonton; top with about 1 tablespoon strawberries. Top with second wonton.
- ☐ Melt chocolate chips, and drizzle over wontons.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:3.07, Inflammation Score:-2, Nutrition Score:5.245217429555%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 191.02kcal (9.55%), Fat: 7.63g (11.74%), Saturated Fat: 4.34g (27.16%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 25.35g (9.22%), Sugar: 14.97g (16.63%), Cholesterol: 8.38mg (2.79%), Sodium: 113.79mg (4.95%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 3.57g (7.13%), Manganese: 0.37mg (18.5%), Copper: 0.22mg (10.79%), Iron: 1.55mg (8.63%), Vitamin C: 7.06mg (8.56%), Selenium: 5.58µg (7.98%), Magnesium: 31.09mg (7.77%), Phosphorus: 76.65mg (7.66%), Fiber: 1.88g (7.53%), Vitamin B2: 0.12mg (7.01%), Vitamin B1: 0.09mg (5.71%), Calcium: 51mg (5.1%), Vitamin B3: 0.99mg (4.94%), Potassium: 167.09mg (4.77%), Folate: 15.84µg (3.96%), Zinc: 0.53mg (3.5%), Vitamin B12: 0.18µg (3%), Vitamin K: 1.51µg (1.44%), Vitamin A: 61.97IU (1.24%), Vitamin E: 0.17mg (1.11%)