



 **26%**  
HEALTH SCORE

## Crispy Butternut Wontons with Spicy Tomato Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 bay leaves
- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 1.5 pounds butternut squash
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 0.3 teaspoon pepper red crushed
- 2 tablespoons breadcrumbs dry
- 1 large eggs lightly beaten

- 1 garlic clove minced
- 0.1 teaspoon nutmeg
- 1.5 cups leek thinly sliced ( 2 medium)
- 1.5 teaspoons olive oil
- 1 strip orange zest (3-inch)
- 3 tablespoons parmesan fresh grated
- 0.5 cup ricotta cheese
- 0.1 teaspoon sea salt
- 0.3 teaspoon sea salt
- 1 tarragon fresh
- 0.5 cup water
- 1 teaspoon water
- 24 wonton wrappers
- 24 wonton wrappers

## Equipment

- frying pan
- baking sheet
- oven
- whisk
- baking pan

## Directions

- To prepare sauce, heat oil in a large nonstick skillet over medium heat.
- Add leek and garlic; cook 8 minutes or until tender (do not brown), stirring frequently. Increase heat to medium-high.
- Add red pepper and next 6 ingredients (red pepper through tarragon); bring to a boil. Reduce heat to low; simmer 15 minutes or until thick. Discard rind, bay leaf, and tarragon.
- Preheat oven to 37

- To prepare wontons, cut the squash in half lengthwise; discard seeds and membrane.
- Place the squash halves, cut sides down, in a 2-quart baking dish; add 1/2 cup water.
- Bake at 375 for 45 minutes or until squash is tender when pierced with a fork; cool. Scoop out pulp to measure 1 cup, and reserve the remaining pulp for another use.
- Combine 1 cup pulp, ricotta, and the next 5 ingredients (ricotta through nutmeg), stirring until well combined.
- Combine 1 teaspoon water and egg, stirring with a whisk. Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to prevent drying), spoon about 2 teaspoons squash mixture into center of each wrapper.
- Brush edges of dough with egg mixture; bring 2 opposite corners together. Press edges together to seal, forming a triangle. Repeat procedure with remaining wonton wrappers and squash mixture.
- Place the wontons on a large baking sheet coated with cooking spray, and brush lightly with remaining egg mixture.
- Bake at 375 for 17 minutes or until golden and crisp.
- Serve with the sauce.

## Nutrition Facts



**PROTEIN 15.1%** **FAT 16.92%** **CARBS 67.98%**

### Properties

Glycemic Index:44.75, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:19.428260787674%

### Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 257.39kcal (12.87%), Fat: 4.96g (7.64%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 40.85g (14.86%), Sugar: 5.04g (5.59%), Cholesterol: 36.48mg (12.16%), Sodium: 513.19mg (22.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Vitamin A: 9579.17IU (191.58%), Manganese: 0.69mg (34.53%), Vitamin C: 25.12mg (30.44%), Selenium: 18.89µg (26.98%), Vitamin B1: 0.4mg (26.55%), Vitamin B3: 4.37mg (21.86%), Folate: 87.14µg (21.78%), Iron: 3.51mg (19.5%), Vitamin B2: 0.3mg (17.47%), Fiber: 4g (16%), Potassium: 556.87mg (15.91%), Calcium: 155.48mg (15.55%), Vitamin E: 2.24mg (14.95%), Vitamin B6: 0.29mg

(14.62%), Magnesium: 58.29mg (14.57%), Phosphorus: 142.24mg (14.22%), Copper: 0.26mg (13.16%), Vitamin K: 12.57µg (11.97%), Vitamin B5: 0.67mg (6.74%), Zinc: 0.97mg (6.47%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.17µg (1.1%)