



Crispy Pork Wontons

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 carrots shredded
- ☐ 2 tablespoons chicken broth
- ☐ 2 teaspoons ginger fresh grated
- ☐ 1 garlic clove minced
- ☐ 2 green onions finely chopped
- ☐ 3 tablespoons hoisin sauce
- ☐ 2 cups pulled barbecued pork finely chopped (without sauce)
- ☐ 2 teaspoons sesame oil

- ☐ 0.3 cup vegetable oil
- ☐ 36 wonton wrappers

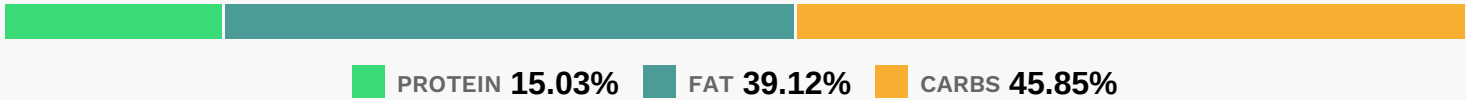
Equipment

- ☐ frying pan
- ☐ steamer basket

Directions

- ☐ Stir together barbecued pork, carrot, green onions, minced garlic, hoisin sauce, chicken broth, and grated ginger. Spoon about 1 Tbsp. pork mixture in center of each wonton wrapper. Moisten wonton edges with water; bring 1 corner across mixture to form a triangle. Press edges to seal. Cover and steam wontons, in batches, in a lightly greased steamer basket over boiling water 4 minutes or until softened and moist. Stir together vegetable oil and sesame oil. Cook wontons, in batches, in hot oil mixture in a large skillet over medium heat 30 seconds to 1 minute on each side or until golden and crispy.
- ☐ Serve with peanut sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:1.500434771747%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 65.59kcal (3.28%), Fat: 2.86g (4.4%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 7.3g (2.66%), Sugar: 2.38g (2.65%), Cholesterol: 6.38mg (2.13%), Sodium: 147.23mg (6.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin A: 310.59IU (6.21%), Vitamin K: 4.43µg (4.22%), Selenium: 2.16µg (3.09%), Manganese: 0.06mg (2.84%), Vitamin B1: 0.04mg (2.72%), Vitamin B3: 0.45mg (2.23%), Iron: 0.4mg (2.23%), Vitamin B2: 0.03mg (1.96%), Folate: 7.52µg (1.88%), Calcium: 11.76mg (1.18%)