

Crispy Pork Wontons

 Dairy Free

READY IN



55 min.

SERVINGS



48

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 egg whites beaten
- 1 tablespoon ginger fresh minced
- 3 cloves garlic crushed
- 1 spring onion chopped
- 48 servings pepper black to taste
- 1 tablespoon juice of lime fresh
- 2 quarts vegetable oil; peanut oil preferred for frying
- 16 ounce pork tenderloin cut into 1 inch cubes

- 0.5 teaspoon pepper red crushed
- 1 tablespoon sesame oil
- 1 dash soya sauce
- 12 ounce wonton wrappers
- 12 ounce wonton wrappers

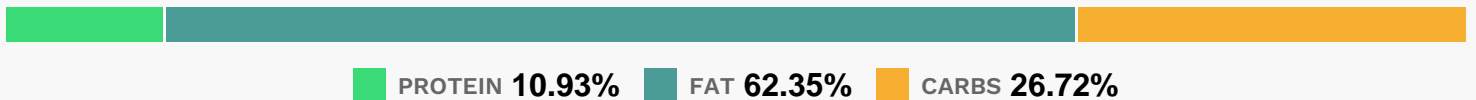
Equipment

- food processor
- paper towels
- pot

Directions

- Combine the pork, ginger, garlic, green onion, lime juice, crushed red pepper, sesame oil, and soy sauce in a food processor. Season mixture with salt and pepper. Pulse until pork is minced to the consistency of ground beef.
- Separate the wonton wrappers and lay them out on a clean surface. Spoon 1 tablespoon of the pork mixture into the center of each wrapper. Moisten the edges of the wonton wrappers with water, fold over the filling to form a triangle, and press together to seal.
- Brush each wonton with egg white.
- Pour the peanut oil into a large pot and preheat to 365 degrees F (180 degrees C).
- Gently drop wontons into the hot oil and cook until golden brown, about 5 minutes.
- Remove to paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:2.58, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.1769564870907%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 126.08kcal (6.3%), Fat: 8.73g (13.44%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 8.12g (2.95%), Sugar: 0.02g (0.02%), Cholesterol: 7.42mg (2.47%), Sodium: 88.65mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin B1: 0.17mg (11.15%), Selenium: 7.02µg (10.03%), Vitamin E: 1.27mg (8.5%), Vitamin B3: 1.4mg (7.01%), Manganese: 0.11mg (5.45%), Vitamin B2: 0.09mg (5.24%), Vitamin B6: 0.08mg (4.01%), Phosphorus: 35.26mg (3.53%), Iron: 0.59mg (3.29%), Folate: 12.45µg (3.11%), Zinc: 0.28mg (1.9%), Copper: 0.03mg (1.61%), Potassium: 53.97mg (1.54%), Magnesium: 5.85mg (1.46%), Fiber: 0.3g (1.21%)