



Crispy Sesame Wontons

 Dairy Free

READY IN



13 min.

SERVINGS



6

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 2 teaspoons ponzu sauce (such as Kikkoman)
- ☐ 1 teaspoon rice vinegar
- ☐ 1 tablespoon sesame seed
- ☐ 1 teaspoon sugar
- ☐ 12 wonton wrappers

Equipment

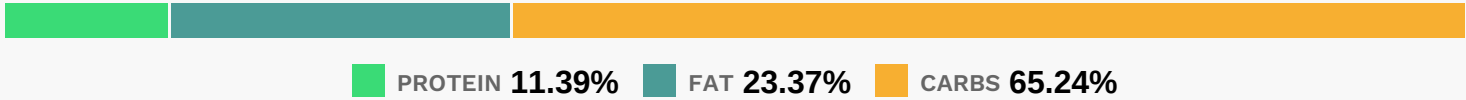
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients. Arrange wonton wrappers on a large baking sheet coated with cooking spray.
- ☐ Brush wontons evenly with oil mixture; sprinkle with sesame seeds.
- ☐ Bake at 400 for 5 to 7 minutes or until lightly browned and crisp.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:2.1260869316757%

Nutrients (% of daily need)

Calories: 60.45kcal (3.02%), Fat: 1.56g (2.39%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.35g (3.4%), Sugar: 0.67g (0.74%), Cholesterol: 1.35mg (0.45%), Sodium: 123.75mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Selenium: 4.7µg (6.71%), Manganese: 0.13mg (6.45%), Vitamin B1: 0.09mg (5.89%), Vitamin B3: 0.87mg (4.37%), Iron: 0.7mg (3.88%), Copper: 0.08mg (3.83%), Folate: 14.19µg (3.55%), Vitamin B2: 0.06mg (3.54%), Phosphorus: 20.57mg (2.06%), Calcium: 20.11mg (2.01%), Magnesium: 7.69mg (1.92%), Fiber: 0.43g (1.71%), Zinc: 0.21mg (1.4%)