



Crispy Shrimp Wontons

READY IN



35 min.

SERVINGS



24

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 3-inch wonton wrappers ()
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup creamy pimiento cheese (from 8-oz container)
- ☐ 5 oz shrimp frozen thawed cooked drained well
- ☐ 0.3 cup plum sauce chinese
- ☐ 1 tablespoon chives fresh chopped

Equipment

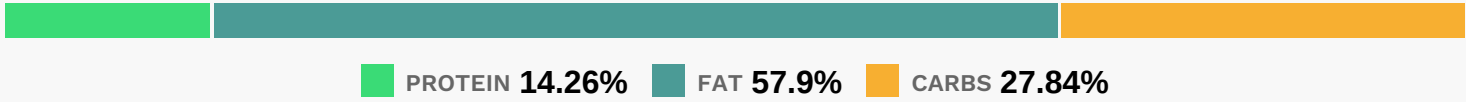
- ☐ frying pan

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F.
- ☐ Place 12 wonton wrappers side by side on sheet of waxed paper.
- ☐ Brush both sides of wrappers with 1 tablespoon oil. Pleat edges of wrappers; place in 12 ungreased mini muffin cups, pressing in bottom and up sides. Repeat with remaining wonton wrappers, oil and additional 12 mini muffin cups.
- ☐ Bake 5 to 8 minutes or until golden brown and crisp.
- ☐ Stir cream cheese to soften. Spoon 1 teaspoon cream cheese into each cup. Top each with 3 to 5 shrimp.
- ☐ Bake 1 minute longer or until cream cheese is soft.
- ☐ Remove wontons from pan; place on serving platter. Top each with 1/2 teaspoon plum sauce.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.6517391262333%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.06kcal (1.95%), Fat: 2.38g (3.66%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.45g (0.5%), Cholesterol: 12.29mg (4.1%), Sodium: 80.93mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Calcium: 22.67mg (2.27%), Vitamin K: 2.35µg (2.24%), Phosphorus: 14.22mg (1.42%), Copper: 0.03mg (1.36%), Vitamin A: 51.75IU (1.04%)