



Crispy Shrimp Wontons

READY IN



35 min.

SERVINGS



24

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

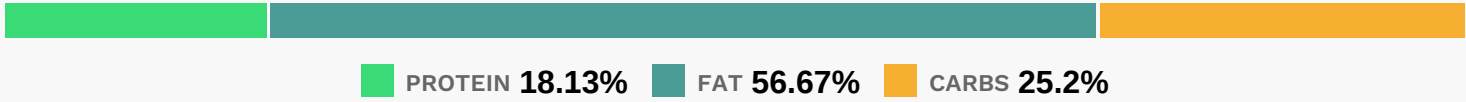
- ☐ frying pan

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F.
- ☐ 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:0.58130434276941%

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: 35.56kcal (1.78%), Fat: 2.24g (3.44%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.15g (0.17%), Cholesterol: 12.53mg (4.18%), Sodium: 51.79mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin K: 2.35µg (2.24%), Phosphorus: 14.22mg (1.42%), Copper: 0.03mg (1.36%), Calcium: 10.42mg (1.04%), Vitamin A: 51.87IU (1.04%)