



Crispy Won Ton Chips

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 5 servings pepper freshly ground to taste
- ☐ 5 servings salt to taste
- ☐ 12 won ton wrappers

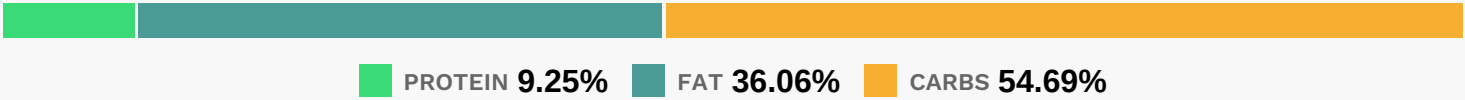
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Cut won ton wrappers in half diagonally, making triangles. Arrange on a foil-lined baking sheet, and brush with oil. Season with salt and pepper.
- ☐ Bake 7 minutes or until crispy and golden.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.1439130456875%

Nutrients (% of daily need)

Calories: 77.38kcal (3.87%), Fat: 3.07g (4.73%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 10.14g (3.69%), Sugar: 0g (0%), Cholesterol: 1.62mg (0.54%), Sodium: 296.77mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Selenium: 5.08µg (7.26%), Manganese: 0.13mg (6.4%), Vitamin B1: 0.09mg (6.24%), Vitamin B3: 0.98mg (4.89%), Vitamin B2: 0.07mg (4.01%), Folate: 15.5µg (3.87%), Iron: 0.62mg (3.42%), Vitamin E: 0.49mg (3.27%), Vitamin K: 2.16µg (2.06%), Phosphorus: 14.74mg (1.47%), Copper: 0.03mg (1.4%), Fiber: 0.35g (1.4%)