



## Crispy Won Tons with Asian Dipping Sauce

READY IN



37 min.

SERVINGS



16

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia chive & onion cream cheese spread
- 1 tsp gingerroot minced
- 0.5 lb ground pork cooked drained well
- 1 Tbsp rice wine
- 1 tsp sesame oil
- 2 tsp sesame seed
- 2 Tbsp soya sauce
- 0.3 cup water divided
- 32 won ton wrappers

## Equipment

- frying pan
- baking sheet
- paper towels
- oven

## Directions

- Heat oven to 425F.
- Mix first 4 ingredients until blended.
- Spoon 1 Tbsp. meat mixture onto center of each won ton wrapper. Bring corners together over meat mixture, then twist to enclose filling.
- Place on rimmed baking sheet sprayed with cooking spray; press gently to flatten bottoms slightly.
- Brush evenly with 3 Tbsp. water; sprinkle with sesame seed.
- Bake 10 to 12 min. or until golden brown.
- Remove from pan; drain on paper towels.
- Mix soy sauce, rice wine and remaining water until blended; serve with won tons.

## Nutrition Facts

  

 **PROTEIN 16.8%**  **FAT 50.42%**  **CARBS 32.78%**

## Properties

Glycemic Index:4.06, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.3078260709248%

## Nutrients (% of daily need)

Calories: 122.71kcal (6.14%), Fat: 6.71g (10.32%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 9.5g (3.45%), Sugar: 0.48g (0.53%), Cholesterol: 20.34mg (6.78%), Sodium: 285.44mg (12.41%), Alcohol: 0.15g (100%), Alcohol %: 0.38% (100%), Protein: 5.03g (10.06%), Vitamin B1: 0.18mg (12.33%), Selenium: 7.84µg (11.19%), Vitamin B3: 1.53mg (7.65%), Manganese: 0.11mg (5.74%), Vitamin B2: 0.09mg (5.53%), Phosphorus: 41.55mg (4.16%), Iron: 0.72mg (4%), Folate: 14.27µg (3.57%), Vitamin B6: 0.07mg (3.27%), Zinc: 0.45mg (2.99%), Calcium: 29.11mg (2.91%), Vitamin A: 137.77IU (2.76%), Copper: 0.04mg (2.13%), Magnesium: 7.62mg (1.9%),

Potassium: 59.67mg (1.7%), Vitamin B12: 0.1µg (1.7%), Fiber: 0.32g (1.28%), Vitamin B5: 0.11mg (1.07%)