



Crispy Wonton Cups with Tuna Salad

 Dairy Free

READY IN



16 min.

SERVINGS



12

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon canola oil
- 0.5 teaspoon ginger fresh chopped
- 12 servings kosher salt and pepper black freshly ground
- 5 ounce tuna light chunk drained canned
- 1 medium onion red
- 0.1 teaspoon pepper flakes red crushed
- 2 teaspoons red wine vinegar
- 1.5 cups snow peas

- 2 teaspoons spicy brown mustard
- 12 square wonton wrappers

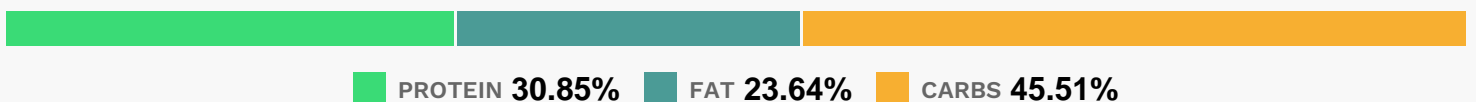
Equipment

- food processor
- bowl
- oven
- whisk
- mini muffin tray

Directions

- Preheat the oven to 375 degrees F. Coat a 12-cup mini muffin tin with nonstick cooking spray.
- Place 1 wonton wrapper into each cup. Press the wontons into the cups with your fingers and spray each wrapper with cooking spray.
- Bake until they are golden brown, 5 to 6 minutes.
- Remove from the oven and let cool.
- Slice 1/2-inch thick slice from the onion and cut into thirds (reserve the remaining onion for Round 2 Recipe Nicoise Salad with Lemon Garlic Vinaigrette and the Online Round 2 Recipe Ham and Cheese Breakfast Burrito). Into the bowl of a mini food processor, add the onion, ginger, brown mustard, red wine vinegar, crushed red pepper, canola oil, salt, and pepper, and pulse until combined. (If you do not have a mini food processor, finely chop the onion and ginger and whisk together with mustard, vinegar, oil and red pepper flakes.)
- Place into a bowl with the tuna. Thinly slice 1/2 cup of the snow peas (reserve remaining 1 cup snow peas for Round 2 Recipe Nicoise Salad with Lemon Garlic Vinaigrette) and stir to combine.
- Fill each wonton cup with the tuna salad, transfer to a serving platter, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:4.0200000327566%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 55.7kcal (2.78%), Fat: 1.44g (2.22%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 5.58g (2.03%), Sugar: 0.89g (0.99%), Cholesterol: 4.22mg (1.41%), Sodium: 59.27mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Selenium: 12.04µg (17.2%), Vitamin B3: 2.07mg (10.34%), Vitamin C: 8.04mg (9.75%), Vitamin B12: 0.35µg (5.91%), Manganese: 0.11mg (5.4%), Vitamin B1: 0.07mg (4.47%), Iron: 0.74mg (4.1%), Vitamin K: 4.13µg (3.93%), Vitamin B6: 0.08mg (3.78%), Phosphorus: 35.7mg (3.57%), Folate: 13.9µg (3.47%), Vitamin A: 148.32IU (2.97%), Vitamin B2: 0.05mg (2.96%), Fiber: 0.68g (2.72%), Magnesium: 9.22mg (2.3%), Potassium: 75.68mg (2.16%), Vitamin E: 0.27mg (1.77%), Copper: 0.03mg (1.64%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.2mg (1.34%), Calcium: 13.3mg (1.33%)