



Crunchy Shrimp Wontons with Green-Onion Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 2 tablespoons ginger fresh minced
- ☐ 3 tablespoons spring onion finely chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 1 cup soy sauce low-sodium
- ☐ 0.3 cup orange juice

- ☐ 2 tablespoons orange marmalade
- ☐ 2 tablespoons sesame oil toasted
- ☐ 24 large shrimp per lb.)
- ☐ 24 servings vegetable oil for frying
- ☐ 24 square wonton wrappers

Equipment

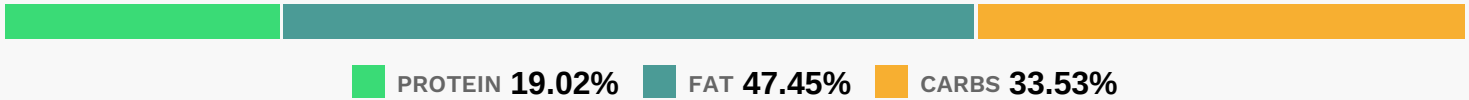
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ tongs
- ☐ colander

Directions

- ☐ In a large bowl, whisk together 1/2 cup soy sauce, chopped cilantro, lemon zest, 2 tbsp. ginger, and 1 tbsp. sesame oil.
- ☐ Peel shrimp, leaving tails on, and devein.
- ☐ Add to soy mixture and marinate, covered, 15 to 20 minutes at room temperature.
- ☐ Drain shrimp in a colander, spread out on paper towels, and pat dry.
- ☐ Pour oil into a deep, heavy pot to a depth of 3 in. and heat to 37
- ☐ Meanwhile, spread out wonton wrappers. Working with one wrapper at a time, put several cilantro leaves and stems along wrapper edge nearest you. Top them with a shrimp, arranging shrimp lengthwise so that tail extends beyond wrapper. Fold the wrapper edge opposite the tail over shrimp.
- ☐ Brush far edge of wrapper with water and, starting with near edge, roll wrapper loosely around shrimp, forming a package. Press seam firmly to seal.

- ☐
- Preheat oven to 200 and put a shallow rack in a baking pan. When oil reaches 375, fry wontons in several batches so as not to crowd them, flipping midway through cooking, until medium golden brown, 1 1/2 to 2 minutes. Lift shrimp out with tongs, draining excess oil, and transfer to baking pan; keep warm in oven.
- ☐
- In a small bowl, whisk together 1/2 cup soy sauce, 1 tbsp. sesame oil, the orange and lemon juices, marmalade, green onion, and 2 tsp. ginger.
- ☐
- Serve wontons hot, with dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.4347826185758%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 78kcal (3.9%), Fat: 4.18g (6.43%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 6.35g (2.31%), Sugar: 1.36g (1.51%), Cholesterol: 16.77mg (5.59%), Sodium: 438.59mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin K: 7.55µg (7.19%), Manganese: 0.1mg (5.03%), Phosphorus: 46.38mg (4.64%), Vitamin B2: 0.06mg (3.33%), Magnesium: 13.26mg (3.31%), Folate: 13.14µg (3.28%), Vitamin C: 2.65mg (3.21%), Selenium: 2.19µg (3.14%), Vitamin B1: 0.05mg (3.13%), Copper: 0.06mg (3.05%), Vitamin B3: 0.55mg (2.76%), Iron: 0.48mg (2.65%), Potassium: 83.71mg (2.39%), Vitamin E: 0.31mg (2.04%), Zinc: 0.28mg (1.87%), Calcium: 15.26mg (1.53%), Vitamin B6: 0.02mg (1.18%), Fiber: 0.3g (1.18%)