



Curried Sweet Potato Wontons

READY IN



35 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup sweet potatoes and into diced peeled
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.3 cup spring onion sliced
- ☐ 2 teaspoons curry powder
- ☐ 0.3 teaspoon salt
- ☐ 1 eggs
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 cup vanilla yogurt

- ☐ 24 wonton wrappers
- ☐ 2 tablespoons butter melted

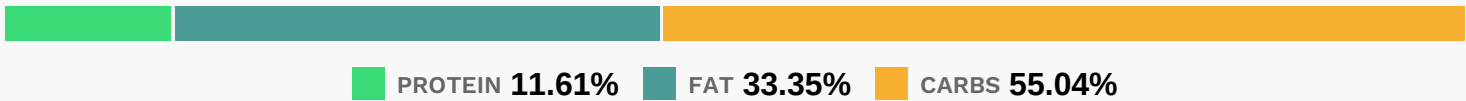
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°. Lightly spray 24 small muffin cups, 1 3/4x1 inch, with cooking spray.
- ☐ Melt 1 tablespoon margarine in 10-inch skillet over medium-low heat. Stir in sweet potato, bell pepper and onions. Cover and cook 3 to 5 minutes, stirring occasionally, until sweet potato is tender. Stir in curry powder and salt. Cool slightly.
- ☐ Beat egg and flour in medium bowl until smooth; beat in yogurt. Stir in sweet potato mixture.
- ☐ Brush one side of each wonton square with melted margarine. Press each square, margarine side up, into muffin cup. Spoon sweet potato mixture into wontons. (Cover and refrigerate up to 8 hours.)
- ☐ Bake 12 to 15 minutes or until wontons are golden brown and centers are set.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:2.8313043370195%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 48.42kcal (2.42%), Fat: 1.8g (2.77%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 6.23g (2.26%), Sugar: 1.1g (1.22%), Cholesterol: 7.75mg (2.58%), Sodium: 93.03mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin A: 971.16IU (19.42%), Vitamin C: 4.37mg (5.29%), Selenium: 3.06µg (4.37%), Manganese: 0.08mg (3.82%), Vitamin B1: 0.05mg (3.35%), Vitamin B2: 0.06mg (3.28%), Folate: 11.16µg (2.79%), Vitamin B3: 0.5mg (2.48%), Vitamin K: 2.59µg (2.46%), Iron: 0.41mg (2.26%), Phosphorus: 21.56mg (2.16%), Fiber: 0.45g (1.81%), Calcium: 17.27mg (1.73%), Vitamin B6: 0.03mg (1.55%), Potassium: 51.45mg (1.47%), Magnesium: 5.02mg (1.25%), Copper: 0.02mg (1.22%), Vitamin E: 0.18mg (1.2%), Vitamin B5: 0.12mg (1.15%), Zinc: 0.16mg (1.04%)