



Duck and Apple Wontons

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



16

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon five-spice powder chinese
- ☐ 0.5 cup your other favorite dipping sauce chinese
- ☐ 4 duck breasts skinless
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic fresh chopped (1 garlic clove)
- ☐ 3 small granny smith apples diced cored peeled
- ☐ 16 wonton skins
- ☐ 2 tablespoons raisins

- ☐ 1 teaspoon onion red chopped
- ☐ 2 tablespoons salad oil
- ☐ 16 servings salt and pepper black freshly ground

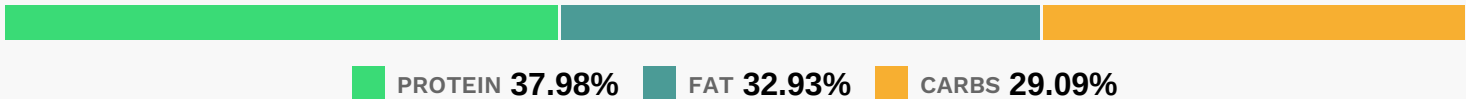
Equipment

- ☐ frying pan
- ☐ steamer basket

Directions

- ☐ Heat oil in a hot saute pan. Sear duck breasts until medium rare.
- ☐ Remove and let cool. In the same pan, add apples and raisins, five-spice powder, garlic and onion, and saute until tender.
- ☐ Remove, from heat, add cilantro, and season with salt and pepper. When cool enough to handle, dice duck, add to apple mixture and mix well.
- ☐ Lay out the wonton skins. Spoon a little mixture onto each skin, fold over and seal by moistening seams with a little water, making sure that no mixture oozes out. Wontons can be deep-fried or steamed in a steamer basket.
- ☐ Serve with your favorite dipping sauce.

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:10.740869540235%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 127.28kcal (6.36%), Fat: 4.65g (7.15%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 8.29g (3.01%), Sugar: 5.88g (6.53%), Cholesterol: 44.46mg (14.82%), Sodium: 143.55mg (6.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Vitamin B12: 7.34µg (122.42%), Vitamin B6: 0.37mg (18.25%), Selenium: 11.47µg (16.39%), Vitamin B1: 0.24mg (15.75%), Iron: 2.8mg (15.54%), Phosphorus: 112.94mg (11.29%), Vitamin B2: 0.19mg (10.96%), Vitamin B3: 2.03mg (10.16%), Copper: 0.19mg (9.67%), Potassium: 223.45mg (6.38%), Vitamin C: 5.07mg (6.15%), Vitamin B5: 0.49mg (4.89%), Magnesium: 16.21mg (4.05%), Fiber: 0.95g (3.79%), Zinc: 0.44mg (2.95%), Vitamin E: 0.43mg (2.86%), Manganese: 0.05mg (2.39%), Vitamin K: 2.23µg (2.12%), Vitamin A: 67.74IU (1.35%), Folate: 4.54µg (1.14%)