



## Edamame-Stuffed Wontons

 Dairy Free

READY IN



60 min.

SERVINGS



28

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon canola oil
- 12 ounce edamame green frozen shelled ( soybeans)
- 12 ounce edamame green frozen shelled ( soybeans)
- 1 clove garlic minced
- 0.3 cup spring onion thinly sliced
- 1 tablespoon hoisin sauce
- 1 teaspoon salt
- 1 teaspoon sesame oil

- 1 tablespoon soya sauce
- 28 wonton wrappers
- 28 wonton wrappers

## Equipment

- frying pan
- baking sheet
- oven
- blender
- pastry brush

## Directions

- Heat the sesame and canola oils in a large skillet over medium-high heat. Stir in the garlic, and cook for 10 seconds until fragrant.
- Add the frozen edamame, and cook until they are tender and beginning to brown, 5 to 7 minutes. Once browned, remove from the heat and allow to cool for 10 minutes.
- Preheat an oven to 400 degrees F (200 degrees C). Grease a baking sheet.
- Once the edamame have cooled slightly, place them into a blender along with the green onion, hoisin sauce, and soy sauce. Cover, and puree until smooth.
- To make the wontons: Separate and place the wonton wrappers onto your work surface. Spoon about 1 tablespoon of the edamame filling onto the center of each wrapper. Use your finger or a pastry brush to lightly moisten the edges of the wonton wrappers with water. Fold one corner of the wrapper over the filling onto the opposite corner to form a triangle. Press the edges together to seal.
- Place onto the prepared baking sheet and lightly coat with cooking spray.
- Sprinkle evenly with the salt.
- Bake in the preheated oven until the triangles are crisp and golden brown, 12 to 14 minutes.

## Nutrition Facts



PROTEIN 20.14%  FAT 15.69%  CARBS 64.17%

## Properties

Glycemic Index:2.75, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.3656521849334%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 77.91kcal (3.9%), Fat: 1.35g (2.07%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 11.07g (4.03%), Sugar: 0.85g (0.95%), Cholesterol: 1.37mg (0.46%), Sodium: 214.23mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Iron: 1.2mg (6.67%), Selenium: 4.27µg (6.1%), Vitamin B1: 0.08mg (5.27%), Fiber: 1.31g (5.23%), Manganese: 0.1mg (5.21%), Vitamin B3: 0.85mg (4.26%), Potassium: 127.75mg (3.65%), Vitamin B2: 0.06mg (3.53%), Folate: 13.91µg (3.48%), Calcium: 28.49mg (2.85%), Vitamin K: 2.59µg (2.47%), Phosphorus: 13.81mg (1.38%), Copper: 0.03mg (1.25%)