



WHATSheATE



Fresh-Mex Corn Wontons

READY IN



45 min.

SERVINGS



36

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup avocado diced
- ☐ 3 ears corn husked
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 teaspoons hot sauce
- ☐ 36 servings kosher salt
- ☐ 1 small lime
- ☐ 0.8 cup plum tomatoes diced
- ☐ 0.5 cup onion diced red finely
- ☐ 1.5 cups cup heavy whipping cream sour

- ☐ 36 servings vegetable oil for frying
- ☐ 36 square wonton wrappers

Equipment

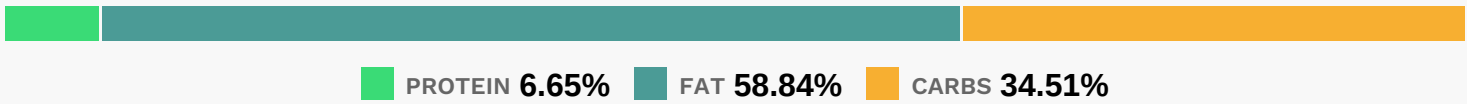
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ kitchen thermometer
- ☐ skewers
- ☐ tongs
- ☐ steamer basket

Directions

- ☐ Place the corn in a steamer basket set over a saucepan of simmering water. Cover and steam 8 minutes.
- ☐ Meanwhile, grate the lime zest into a small bowl and squeeze in 1 tablespoon lime juice.
- ☐ Add the sour cream, cilantro, hot sauce and 1/4 teaspoon salt and mix well; set the dip aside.
- ☐ Remove the corn from the steamer basket and let cool slightly, then cut the kernels off the cobs.
- ☐ Combine with 1/2 teaspoon salt in a bowl.
- ☐ Line a large baking sheet with paper towels, then arrange the wonton wrappers on top in a single layer.
- ☐ Place 1 teaspoon corn, 1/2 teaspoon tomato, 1/2 teaspoon avocado and 1/4 teaspoon red onion in the center of each wrapper.
- ☐ Heat about 1 1/2 inches of vegetable oil in a large pot until a deep-fry thermometer registers 375 degrees (or place a wooden skewer in the oil to test the temperature; bubbles should form around it).

- ☐ Moisten the edges of each wonton wrapper with water, then fold in half diagonally to enclose the filling and form a triangle; press gently to seal. Working in batches, lower the wontons into the hot oil with tongs and fry about 1 minute. Flip and fry another 30 seconds, or until light golden.
- ☐ Transfer to paper towels to drain.
- ☐ Serve with the cilantro–lime dip.
- ☐ Photograph by Ngoc Minh Ngo

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.3330434664436%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 79.39kcal (3.97%), Fat: 5.35g (8.23%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.41g (2.33%), Sugar: 1.08g (1.2%), Cholesterol: 6.33mg (2.11%), Sodium: 247.3mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 6.73µg (6.41%), Vitamin B1: 0.06mg (3.87%), Manganese: 0.08mg (3.76%), Selenium: 2.55µg (3.64%), Folate: 14.1µg (3.52%), Vitamin B2: 0.05mg (3.23%), Vitamin B3: 0.64mg (3.2%), Vitamin C: 2.49mg (3.01%), Fiber: 0.65g (2.59%), Vitamin A: 129.23IU (2.58%), Vitamin E: 0.37mg (2.46%), Phosphorus: 23.9mg (2.39%), Potassium: 71.3mg (2.04%), Iron: 0.35mg (1.94%), Magnesium: 7.06mg (1.77%), Calcium: 15.56mg (1.56%), Vitamin B6: 0.03mg (1.46%), Vitamin B5: 0.14mg (1.43%), Copper: 0.03mg (1.41%), Zinc: 0.15mg (1.03%)