



Herbed Ricotta Won Tons with Spicy Tomato Sauce

READY IN



45 min.

SERVINGS



15

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup blanched almonds and toasted
- 28 ounce canned tomatoes whole drained canned
- 1 large egg white
- 1 large egg white lightly beaten
- 2 tablespoons flat-leaf parsley leaves fresh
- 0.5 teaspoon flour all-purpose
- 2 tablespoons basil fresh chopped

- 2 tablespoons chives fresh finely chopped
- 0.5 cup mint leaves fresh chopped
- 1 garlic clove chopped
- 1 habanero pepper finely chopped
- 1 tablespoon lemon rind grated
- 1 teaspoon olive oil
- 0.7 cup onion chopped
- 2 teaspoons orange rind finely grated
- 2 tablespoons parmesan cheese fresh grated
- 1 cup part-skim ricotta cheese
- 0.5 teaspoon sea salt fine
- 1 teaspoon sugar
- 30 won ton wrappers

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- wire rack
- colander
- cheesecloth

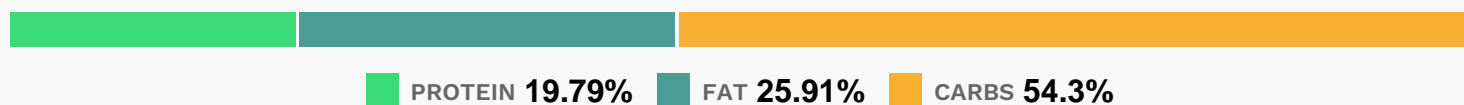
Directions

- To prepare won tons, place colander in a 2-quart glass measure or medium bowl. Line colander with 2 layers of cheesecloth, allowing cheesecloth to extend over outside edges of bowl. Spoon ricotta into colander. Gather edges of cheesecloth together; tie securely.

Refrigerate for 1 hour. Gently squeeze cheesecloth bag to remove excess liquid; discard liquid. Spoon ricotta into a food processor.

- Preheat oven to 350
- Place almonds and flour in a spice or coffee grinder, and process until finely ground. Set aside 3 tablespoons of almond mixture; add remaining almond mixture, mint, and next 8 ingredients (mint through garlic) to food processor. Process until smooth.
- Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 2 teaspoons ricotta mixture into center of each wrapper. Moisten edges of dough with water; bring 2 opposite corners together. Press the edges together to seal, forming a triangle. Repeat procedure with remaining won ton wrappers and ricotta mixture.
- Place won tons on 2 baking sheets lined with parchment paper and coated with cooking spray.
- Brush won tons with lightly beaten egg white; sprinkle with reserved almond mixture.
- Bake at 350 for 15 minutes or until lightly browned. Cool won tons 5 minutes on a wire rack.
- To prepare sauce, place tomatoes in food processor; process until finely chopped.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, and saut 3 minutes. Stir in orange rind, sugar, and habanero pepper; saut 2 minutes. Reduce heat to medium. Stir in tomatoes and basil; cook 10 minutes, stirring occasionally.
- Serve with won tons.

Nutrition Facts



Properties

Glycemic Index:32.74, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:7.1713042933008%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg
Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 109.58kcal (5.48%), Fat: 3.26g (5.02%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 13.52g (4.92%), Sugar: 3.15g (3.5%), Cholesterol: 6.93mg (2.31%), Sodium: 273.43mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Manganese: 0.27mg (13.74%), Vitamin K: 13.98µg (13.31%), Selenium: 8.51µg (12.16%), Vitamin C: 8.76mg (10.62%), Vitamin B2: 0.16mg (9.41%), Calcium: 91.62mg (9.16%), Vitamin B1: 0.13mg (8.85%), Iron: 1.51mg (8.36%), Vitamin E: 1.22mg (8.15%), Vitamin B3: 1.62mg (8.08%), Copper: 0.16mg (8%), Phosphorus: 79.32mg (7.93%), Fiber: 1.85g (7.4%), Folate: 28.06µg (7.02%), Potassium: 238.07mg (6.8%), Vitamin A: 332.85IU (6.66%), Magnesium: 25.34mg (6.33%), Vitamin B6: 0.11mg (5.47%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.06µg (1.05%)