



Hot Crispy Wontons Stuffed with Chocolate and Bananas

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



872 kcal

SIDE DISH

Ingredients

- 2 bananas sliced
- 0.5 cup cinnamon sugar
- 2 milk chocolate candy bars
- 16 wonton skins
- 1 pint whipped cream
- 4 cups vegetable oil

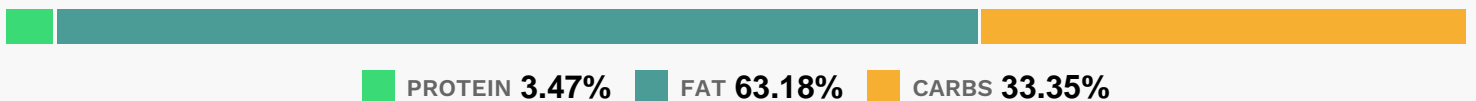
Equipment

- bowl
- pot
- plastic wrap
- slotted spoon

Directions

- The day before you plan to make this recipe, leave the milk chocolate in a warm place to make it slightly pliable.
- Cut each bar into 8 chunks and, with your hands, try to form each chunk into a disk the size of a quarter with no sharp edges.
- Lay the wonton skins out on a surface and 1 at a time; paint the edges with water. In the center of the wonton skin, place a disk of milk chocolate and a banana slice on top of the chocolate. Fold the wonton skin corner to corner to make a triangle and press together well to seal completely. Cover with plastic wrap and store chilled until ready to fry and serve, up to 10 hours ahead.
- Heat the oil in a deep pot to 350 degrees. Drop the wontons into the oil, being careful not to crowd them (you may have to work in batches) and fry, turning often, until golden brown. Meanwhile, place the cinnamon sugar in a bowl.
- Remove the wontons with a slotted spoon and immediately dredge them in the cinnamon sugar to coat heavily.
- Serve right away with scoops of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:57.12, Glycemic Load:43.78, Inflammation Score:-6, Nutrition Score:12.800869521887%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 871.79kcal (43.59%), Fat: 62.92g (96.79%), Saturated Fat: 18g (112.49%), Carbohydrates: 74.73g (24.91%), Net Carbohydrates: 71.59g (26.03%), Sugar: 64.43g (71.59%), Cholesterol: 55.85mg (18.62%), Sodium: 171.24mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.24mg (3.08%), Protein: 7.77g (15.54%), Vitamin K: 81.71µg (77.82%), Vitamin E: 4.02mg (26.78%), Vitamin B2: 0.37mg (21.49%), Calcium: 159.18mg (15.92%), Phosphorus: 157.77mg (15.78%), Vitamin B6: 0.28mg (13.97%), Potassium: 487.73mg (13.94%), Fiber: 3.13g (12.53%), Magnesium: 48.31mg (12.08%), Manganese: 0.24mg (11.95%), Vitamin A: 537.78IU (10.76%), Vitamin B5: 0.89mg (8.94%), Copper: 0.16mg (7.77%), Vitamin B12: 0.46µg (7.69%), Zinc: 1.12mg (7.45%), Vitamin C: 5.87mg (7.11%), Selenium: 3.26µg (4.66%), Vitamin B1: 0.07mg (4.64%), Folate: 18.13µg (4.53%), Iron: 0.7mg (3.91%), Vitamin B3: 0.62mg (3.12%), Vitamin D: 0.24µg (1.58%)