



Jalapeno Popper Wontons

READY IN



30 min.

SERVINGS



5

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 4 ounce jalapeno diced canned
- 5 servings cooking oil for deep frying
- 0.5 cup chilli sauce sweet
- 60 5-inch wonton wrappers
- 60 5-inch wonton wrappers

Equipment

- bowl

paper towels

deep fryer

Directions

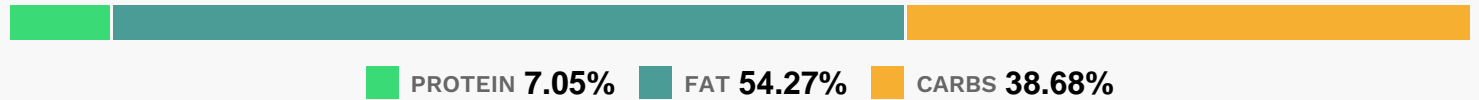
In a medium bowl, stir together the cream cheese and jalapeno peppers. Arrange wonton wrappers a few at a time on a clean dry surface. Set a cup or small bowl of water nearby.

Place about a teaspoon of the cream cheese mixture onto the center of each wrapper. Moisten your fingertip in the bowl of water and trace the edges of the wonton wrappers. Fold into triangles or follow directions on the package for desired shapes. This part can be done ahead of time and refrigerated or frozen.

Heat the oil in a deep fryer to 375 degrees F (190 degrees C). When hot, fry the wontons a few at a time until golden brown, about 2 minutes.

Drain on paper towels. Repeat with all of the wontons, then serve with the sweet chili sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:7.7047825481581%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 312.46kcal (15.62%), Fat: 19g (29.23%), Saturated Fat: 9.45g (59.08%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 29.25g (10.64%), Sugar: 14.83g (16.48%), Cholesterol: 47.97mg (15.99%), Sodium: 535.39mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin C: 26.9mg (32.6%), Vitamin A: 857.02IU (17.14%), Selenium: 10.76µg (15.37%), Vitamin B2: 0.21mg (12.41%), Vitamin E: 1.69mg (11.28%), Vitamin B1: 0.14mg (9.6%), Manganese: 0.18mg (9.01%), Vitamin B3: 1.63mg (8.17%), Folate: 30.85µg (7.71%), Phosphorus: 73.87mg (7.39%), Vitamin K: 7.14µg (6.8%), Vitamin B6: 0.13mg (6.38%), Calcium: 58mg (5.8%), Iron: 0.91mg (5.07%), Fiber: 1.22g (4.88%), Potassium: 135.8mg (3.88%), Vitamin B5: 0.34mg (3.36%), Magnesium: 12.28mg (3.07%), Zinc: 0.43mg (2.86%), Copper: 0.05mg (2.69%), Vitamin B12: 0.1µg (1.74%)