



Jerk Wontons with Caribbean Salsa

READY IN



265 min.

SERVINGS



15

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons apple juice concentrate frozen thawed
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon brown sugar
- 0.3 cup butter melted
- 1 cucumber diced seedless
- 0.5 teaspoon chives dried
- 0.3 teaspoon thyme leaves dried
- 0.5 cup cilantro leaves fresh chopped
- 1 teaspoon garlic powder

- 1 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 0.8 teaspoon ground pepper black
- 2 jalapeños minced seeded
- 1 tablespoon kosher salt
- 1 tablespoon olive oil extra-virgin
- 1 teaspoon onion powder
- 0.5 teaspoon paprika
- 3 cups pineapple fresh diced
- 1 bell pepper diced red
- 0.8 teaspoon salt
- 0.5 teaspoon scotch bonnet pepper dried crushed
- 25 wonton wrappers cut in half diagonally
- 1 bell pepper diced yellow
- 1 preheat the oven degrees f

Equipment

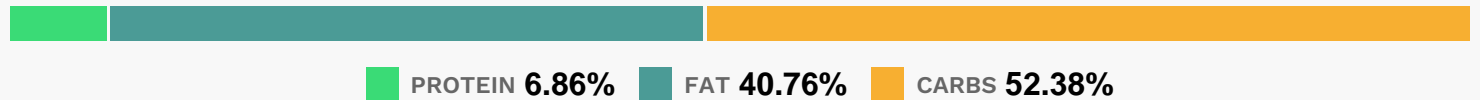
- bowl
- baking sheet
- baking paper
- oven

Directions

- In a large bowl, combine the pineapple, jalapenos, cucumber, bell peppers, and cilantro. In another bowl, combine the apple juice concentrate, oil, salt, and pepper.
- Add to the pineapple mixture, tossing gently to coat. Cover and chill for 4 hours.

- Serve with Jerk-Seasoned Wonton Chips.
- Place the wonton wrappers in a single layer on parchment-lined baking sheets.
- Brush with melted butter; sprinkle each evenly with jerk seasoning.
- Bake until lightly browned and crisp, 4 to 6 minutes. Cool completely on parchment paper.
- Serve immediately, or store chips in an airtight container up to 1 week.
- Combine all ingredients in a bowl until well-mixed. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:2.58, Inflammation Score:-6, Nutrition Score:7.3117391622585%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 115.29kcal (5.76%), Fat: 5.42g (8.33%), Saturated Fat: 2.8g (17.53%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 14.28g (5.19%), Sugar: 4.62g (5.14%), Cholesterol: 12.51mg (4.17%), Sodium: 687.69mg (29.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin C: 44.85mg (54.36%), Manganese: 0.51mg (25.57%), Vitamin A: 637.47IU (12.75%), Vitamin B1: 0.11mg (7.26%), Vitamin K: 7.51µg (7.16%), Folate: 25.41µg (6.35%), Selenium: 3.86µg (5.52%), Fiber: 1.38g (5.51%), Vitamin B3: 1.08mg (5.4%), Vitamin B6: 0.11mg (5.3%), Vitamin B2: 0.08mg (4.83%), Iron: 0.81mg (4.48%), Copper: 0.08mg (4.19%), Potassium: 140.15mg (4%), Magnesium: 14.06mg (3.51%), Vitamin E: 0.5mg (3.33%), Phosphorus: 26.85mg (2.69%), Calcium: 22.28mg (2.23%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.25mg (1.64%)