



Layered Asian Dip

 Gluten Free

READY IN



175 min.

SERVINGS



30

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup roasted chicken cubed cooked
- ☐ 0.7 cup carrots shredded
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 teaspoon ground ginger
- ☐ 90 wonton skins ()
- ☐ 1 serving pam original flavor shopping list

- ☐ 2 tablespoons brown sugar packed
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 cup water
- ☐ 2 tablespoons catsup
- ☐ 1 tablespoon rice vinegar
- ☐ 2 teaspoons worcestershire sauce
- ☐ 4 drops hot sauce red
- ☐ 1 tablespoon milk
- ☐ 0.3 cup cashew pieces unsalted chopped
- ☐ 0.3 cup spring onion sliced

Equipment

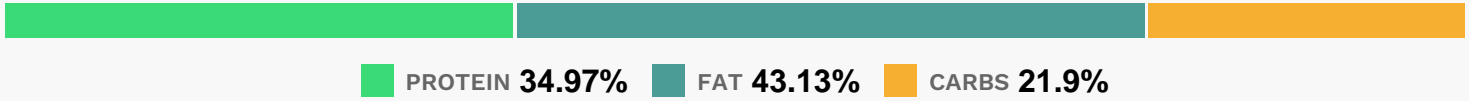
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ In small bowl, mix topping ingredients. Cover and refrigerate 2 to 4 hours.
- ☐ Meanwhile, heat oven to 400°F.
- ☐ Cut each wonton skin in half into two triangles. On 2 large ungreased cookie sheets, arrange wonton skins in single layer. Spray wontons with cooking spray.
- ☐ Bake about 6 minutes or until crisp; cool.
- ☐ In 1-quart saucepan, mix brown sugar and cornstarch. Gradually beat in remaining sauce ingredients with wire whisk. Cook over medium heat about 5 minutes, stirring occasionally with wire whisk, until thick. Cool to room temperature, about 20 minutes.
- ☐ In medium bowl, beat cream cheese and milk with electric mixer on medium speed.

- ☐
- Spread on serving platter at least 10 inches in diameter. Just before serving, spoon topping over cheese; drizzle with sauce, and sprinkle with cashews and green onions.
- ☐
- Serve with crisp wontons.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:1.6995652334198%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 39.75kcal (1.99%), Fat: 1.9g (2.92%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 2g (0.73%), Sugar: 1.32g (1.46%), Cholesterol: 6.41mg (2.14%), Sodium: 146.47mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin A: 504.63IU (10.09%), Vitamin K: 4.82µg (4.59%), Vitamin B3: 0.49mg (2.43%), Manganese: 0.05mg (2.26%), Phosphorus: 21.67mg (2.17%), Selenium: 1.51µg (2.16%), Copper: 0.04mg (2.05%), Vitamin B6: 0.04mg (1.79%), Magnesium: 6.65mg (1.66%), Iron: 0.27mg (1.52%), Potassium: 43.48mg (1.24%), Zinc: 0.18mg (1.18%)