



Mango-Curry Shrimp Salad in Wonton Cups

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 48 servings cilantro leaves fresh
- ☐ 5 teaspoons juice of lime fresh
- ☐ 2 teaspoons mango chutney
- ☐ 0.5 cup mayonnaise
- ☐ 12 ounces shrimp cooked peeled coarsely chopped
- ☐ 0.8 teaspoon thai curry paste green
- ☐ 48 servings vegetable oil

☐ 12 wonton wrappers cut into 4 squares

Equipment

☐ bowl

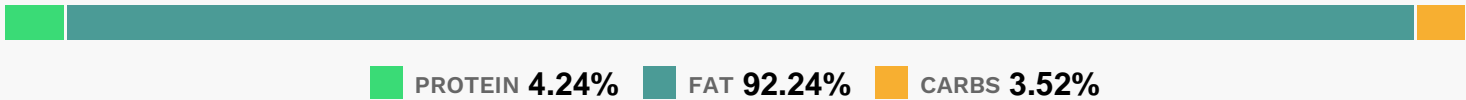
☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 325°F.
- ☐ Place wonton squares on work surface; brush lightly with oil. Press each into miniature muffin cup, oiled side down.
- ☐ Bake until wonton cups are golden brown, about 10 minutes. Cool completely in tins. (Can be made 3 days ahead.
- ☐ Remove cups from tins and store airtight at room temperature.)
- ☐ Whisk mayonnaise, chopped fresh cilantro, lime juice, chutney, and curry paste in medium bowl to blend. Stir in shrimp. Season salad to taste with salt and pepper. (Salad can be prepared up to 1 day ahead. Cover and refrigerate.)
- ☐ Place wonton cups on serving platter. Spoon 1 teaspoon shrimp salad into each cup.
- ☐ Garnish with cilantro leaves.
- ☐ *Thai green curry paste is available at Asian markets and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:3.52, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.0934782537591%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 152.16kcal (7.61%), Fat: 15.82g (24.33%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.17g (0.19%), Cholesterol: 12.56mg (4.19%), Sodium: 34.13mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin K: 29.91µg (28.49%), Vitamin E: 1.23mg (8.17%), Phosphorus: 17.36mg (1.74%), Copper: 0.03mg (1.58%)