



Mexican Fiesta Bites

READY IN



35 min.

SERVINGS



35

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 0.3 cup knudsen cream sour
- 2 Tbsp cilantro leaves fresh chopped
- 1 cup sausage italian crumbled cooked
- 0.5 cup taco bellâ® & chunky salsa thick
- 24 won ton wrappers

Equipment

- oven

mini muffin tray

Directions

Heat oven to 350F.

Place 1 won ton wrapper in each of 24 mini muffin pan cups sprayed with cooking spray, with edges of wrappers extending over tops of cups.

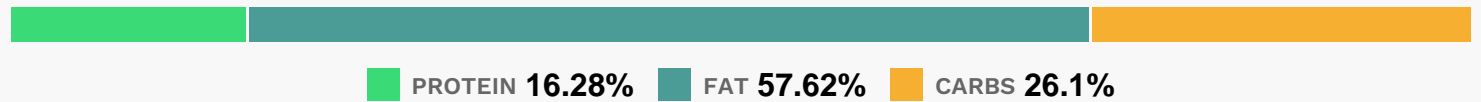
Bake 5 min. Meanwhile, combine sausage and salsa.

Spoon sausage mixture into won ton cups.

Bake 10 min. or until filling is heated through and edges of cups are golden brown. Top with cheese; bake 1 to 2 min. or until melted.

Top with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:2.49, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.5865217269115%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.57kcal (2.63%), Fat: 3.34g (5.14%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.21g (0.23%), Cholesterol: 8.99mg (3%), Sodium: 119.55mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Selenium: 3.91µg (5.58%), Vitamin B1: 0.07mg (4.5%), Phosphorus: 27.3mg (2.73%), Vitamin B3: 0.54mg (2.72%), Vitamin B2: 0.05mg (2.67%), Calcium: 23.47mg (2.35%), Manganese: 0.04mg (2.07%), Zinc: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.54%), Vitamin B12: 0.09µg (1.53%), Iron: 0.27mg (1.52%), Folate: 5.73µg (1.43%), Vitamin A: 54.59IU (1.09%)