

Mexican Wontons

READY IN



20 min.

SERVINGS



15

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound pepper-jack cheese shredded finely
- 1 cup vegetable oil for deep frying
- 14 ounce won ton wrappers

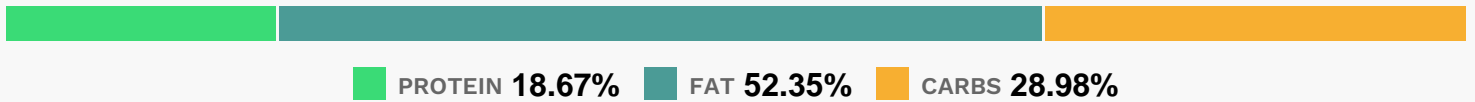
Equipment

- paper towels
- pot

Directions

- Place 1 to 2 teaspoons of shredded cheese into the center of each wonton skin. Fold the top and bottom corners in toward each other and roll it up like a little egg roll. You will have to seal the wonton with a little water where the ends meet.
- Heat oil in a deep pot to 365 degrees F (180 degrees C). Fry the wontons two or three at a time.
- Drain on paper towels.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:6.2795651606891%

Nutrients (% of daily need)

Calories: 215.49kcal (10.77%), Fat: 12.47g (19.18%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 15.05g (5.47%), Sugar: 0.15g (0.17%), Cholesterol: 29.29mg (9.76%), Sodium: 332.79mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10g (20%), Calcium: 238.02mg (23.8%), Selenium: 11.85µg (16.92%), Phosphorus: 155.7mg (15.57%), Vitamin B2: 0.22mg (12.82%), Vitamin B1: 0.14mg (9.46%), Manganese: 0.17mg (8.61%), Vitamin B3: 1.46mg (7.32%), Zinc: 1.1mg (7.3%), Folate: 28.2µg (7.05%), Iron: 1.11mg (6.15%), Vitamin K: 6.1µg (5.81%), Vitamin A: 236.25IU (4.72%), Vitamin B12: 0.26µg (4.27%), Magnesium: 13.46mg (3.36%), Copper: 0.05mg (2.43%), Vitamin E: 0.32mg (2.11%), Fiber: 0.48g (1.91%), Vitamin B6: 0.03mg (1.59%), Potassium: 46.19mg (1.32%), Vitamin D: 0.18µg (1.21%)