

# Mom's Wonton

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



52

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon chili oil
- 1 teaspoon cornstarch
- 1 tablespoon cooking sherry dry
- 1 egg white
- 1 tablespoon ginger root fresh minced
- 1 pinch garlic salt
- 2 tablespoons green onions minced
- 0.5 pound ground pork

- 16 ounce wonton skins
- 0.3 teaspoon sesame oil
- 0.8 pound shrimp shelled deveined cooked coarsely chopped
- 1 tablespoon soya sauce
- 2 tablespoons water chestnuts chopped
- 1 pinch sugar white

## Equipment

- frying pan
- mixing bowl
- pot

## Directions

- In a large skillet, cook the ground pork over medium heat until no longer pink.
- In a large mixing bowl, combine the shrimp, ground pork, green onions, ginger, and water chestnuts.
- Mix in the cornstarch, garlic salt, and sugar.
- Mix in the dry sherry, chili oil, soy sauce, and sesame oil.
- Place about one teaspoon of the mixture in the center of each won ton wrapper. Bring points of the wrapper together (in a triangular shape) and pinch the edges, sealing them closed with egg whites.
- Meanwhile, bring a large pot of water to boil. Carefully place won tons into boiling water without crowding. (Work in batches if necessary.) When the wontons float to the surface, add a cup of cold water and allow the water to come to a boil again. Then remove from the boiling water.

## Nutrition Facts

 **PROTEIN 46.26%**  **FAT 52.29%**  **CARBS 1.45%**

## Properties

Glycemic Index:2.83, Glycemic Load:0.02, Inflammation Score:0, Nutrition Score:0.76782608971648%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 66.92kcal (3.35%), Fat: 3.76g (5.79%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.06g (0.07%), Cholesterol: 21.96mg (7.32%), Sodium: 191.74mg (8.34%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 7.49g (14.97%), Phosphorus: 22.53mg (2.25%), Vitamin B1: 0.03mg (2.16%), Selenium: 1.2µg (1.72%), Copper: 0.03mg (1.48%), Zinc: 0.19mg (1.27%), Vitamin B3: 0.21mg (1.05%)