



Orange-Ginger Fried Wontons

READY IN



25 min.

SERVINGS



4

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces cream cheese softened
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon orange marmalade generous
- ☐ 0.5 teaspoon salt
- ☐ 4 servings vegetable oil for shallow frying
- ☐ 12 wonton wrappers

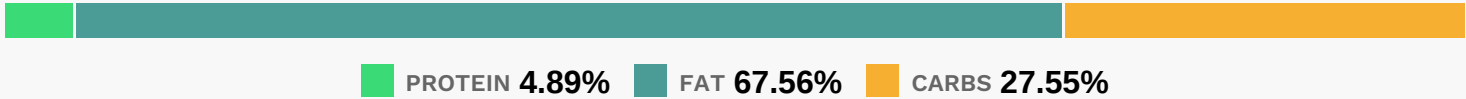
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a heavy-bottomed, straight-sided, medium saute pan, add enough oil to reach at least 1-inch up the sides.
- ☐ Heat over medium-high heat.
- ☐ In a small bowl, mix together the orange marmalade, ginger, cream cheese, cinnamon, and salt until very well blended. Fill each wonton with a rounded teaspoon of filling and brush a little water along the edges of the wonton dough. Fold in half diagonally and pinch the wontons shut, making triangles. (Make all the wontons before frying.)
- ☐ Working in batches, carefully fry the wontons 3 or 4 at a time, just until golden brown, 3 to 4 minutes, turning once.
- ☐ Remove the wontons and any blot excess oil on a paper towel. Allow to cool a few minutes before serving, as the filling will be extremely hot. Lightly dust with confectioners' sugar and serve warm.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.6852173844109%

Nutrients (% of daily need)

Calories: 253.16kcal (12.66%), Fat: 19.23g (29.58%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 17.03g (6.19%), Sugar: 3.57g (3.96%), Cholesterol: 16.34mg (5.45%), Sodium: 466.95mg (20.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin K: 26.12µg (24.88%), Selenium: 7.61µg (10.88%), Manganese: 0.19mg (9.73%), Vitamin E: 1.28mg (8.54%), Vitamin B1: 0.12mg (8.05%), Vitamin B2: 0.12mg (7.04%), Vitamin B3: 1.25mg (6.26%), Folate: 21.28µg (5.32%), Iron: 0.82mg (4.53%), Vitamin A: 197.35IU (3.95%), Phosphorus: 34.35mg (3.43%), Calcium: 29.19mg (2.92%), Fiber: 0.61g (2.43%), Copper: 0.05mg (2.26%), Magnesium: 6.79mg (1.7%), Zinc: 0.24mg (1.63%), Potassium: 47.41mg (1.35%)