



Oriental Vegetable Wontons

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

READY IN



45 min.

SERVINGS



6

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons broccoli fresh chopped
- 2 tablespoons cabbage chopped
- 1 tablespoon bean sprouts fresh
- 1 tablespoon mushrooms fresh chopped
- 0.3 teaspoon garlic powder
- 0.5 teaspoon garlic powder
- 0.1 teaspoon ground ginger
- 1 tablespoon soya sauce low-sodium

- 1 tablespoon onion chopped
- 6 wonton skins fresh thawed
- 2 tablespoons rice wine vinegar

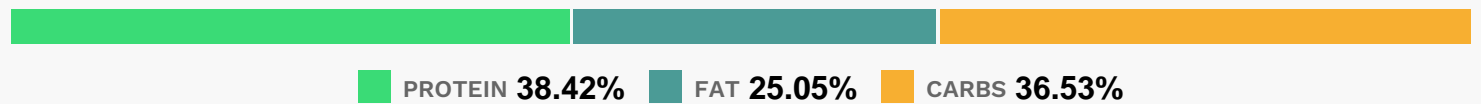
Equipment

- food processor
- bowl
- knife

Directions

- Combine first 4 ingredients, stirring well; set aside.
- Position knife blade in food processor bowl, and add broccoli and next 5 ingredients. Process until mixture is minced, scraping sides of processor bowl once.
- Place vegetable mixture evenly on top corner of each wonton skin. Fold top point of wonton skin over filling; tuck point under filling.
- Roll once toward center, covering filling and leaving about 1 inch unrolled at bottom of skin. Moisten remaining corners with water; bring corners together, and overlap, pressing ends together to seal securely.
- Cook wontons in boiling water 3 minutes or until tender.
- Drain; coat wontons with cooking spray, and arrange on 2 serving plates.
- Serve with vinegar mixture.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.327391302537%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 12.93kcal (0.65%), Fat: 0.36g (0.55%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.33g (0.37%), Cholesterol: 0.95mg (0.32%), Sodium: 116.69mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Vitamin C: 4.92mg (5.96%), Vitamin K: 5.87µg (5.59%), Manganese: 0.05mg (2.51%), Folate: 6.71µg (1.68%), Vitamin B2: 0.03mg (1.54%), Phosphorus: 13.46mg (1.35%), Vitamin B6: 0.03mg (1.31%), Potassium: 44.09mg (1.26%), Fiber: 0.28g (1.14%), Magnesium: 4.22mg (1.05%)