



Paradise Crab Dip Wontons

READY IN



27 min.

SERVINGS



6

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6.5 ounces crab meat canned
- ☐ 3 ounces cream cheese at room temperature
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon steak sauce
- ☐ 6 servings vegetable oil for frying
- ☐ 24 wonton wrappers

Equipment

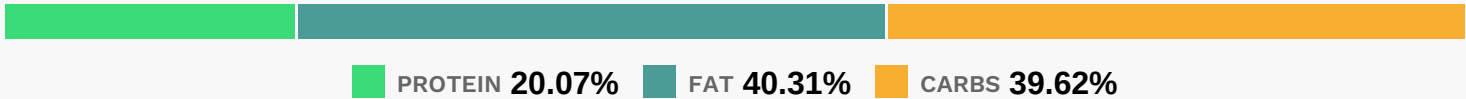
- ☐ bowl

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Mix crabmeat, cream cheese, steak sauce, and garlic powder together in a medium bowl.
- ☐ Place 1 1/2 teaspoons of crab mixture in the center of each wonton wrapper. Moisten the edges of the wrapper with water; fold in half diagonally and press edges to seal. Repeat with remaining filling and wonton wrappers.
- ☐ Heat 1/4-inch oil in a large skillet over medium-high heat. When oil is hot (around 350 degrees F), carefully add the wontons, in batches as necessary, and fry until lightly browned, about 1 to 2 minutes on each side.
- ☐ Remove to a paper towel-lined platter to drain before serving.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:8.2178261798361%

Nutrients (% of daily need)

Calories: 188.62kcal (9.43%), Fat: 8.36g (12.86%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 17.91g (6.51%), Sugar: 0.6g (0.67%), Cholesterol: 46.81mg (15.6%), Sodium: 400.17mg (17.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Selenium: 22.92µg (32.74%), Vitamin B12: 1.06µg (17.66%), Copper: 0.3mg (14.96%), Vitamin B3: 2.49mg (12.46%), Phosphorus: 112.59mg (11.26%), Vitamin B1: 0.17mg (11.16%), Manganese: 0.22mg (10.96%), Folate: 42.91µg (10.73%), Vitamin B2: 0.18mg (10.31%), Zinc: 1.46mg (9.76%), Iron: 1.2mg (6.67%), Vitamin E: 0.93mg (6.17%), Calcium: 56.12mg (5.61%), Vitamin K: 5.55µg (5.29%), Magnesium: 18.64mg (4.66%), Vitamin B5: 0.4mg (3.96%), Vitamin A: 197.15IU (3.94%), Potassium: 127.92mg (3.65%), Vitamin B6: 0.07mg (3.48%), Fiber: 0.57g (2.29%), Vitamin C: 1.06mg (1.29%)