



Parmesan Won Ton Crisps

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 20 won ton skins

Equipment

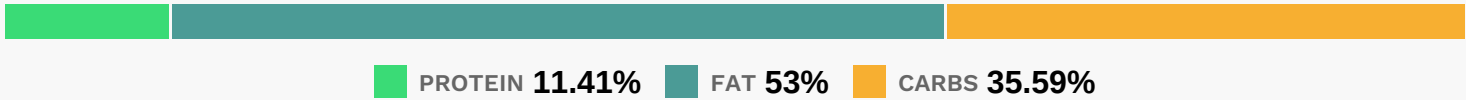
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Brush 2 baking sheets with butter.

- ☐
- Cut won tons in half diagonally; place in a single layer on baking sheets.
- ☐
- Brush won tons with remaining butter; sprinkle with cheese.
- ☐
- Bake at 375 for 5 to 6 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.1147825764087%

Nutrients (% of daily need)

Calories: 87.92kcal (4.4%), Fat: 5.16g (7.94%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.57g (2.75%), Sugar: 0g (0%), Cholesterol: 4.75mg (1.58%), Sodium: 189.01mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Selenium: 4.98µg (7.12%), Vitamin B1: 0.07mg (4.43%), Calcium: 44.13mg (4.41%), Manganese: 0.08mg (4.16%), Vitamin A: 206.95IU (4.14%), Phosphorus: 37.63mg (3.76%), Vitamin B2: 0.06mg (3.73%), Vitamin B3: 0.68mg (3.41%), Folate: 11.05µg (2.76%), Iron: 0.44mg (2.44%), Zinc: 0.27mg (1.79%), Vitamin E: 0.17mg (1.12%), Vitamin B12: 0.06µg (1.06%), Magnesium: 4.1mg (1.03%)