



Peach, Mascarpone and Pecan Wontons

READY IN



65 min.

SERVINGS



25

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon confectioners' sugar for garnish
- ☐ 1 eggs
- ☐ 0.5 cup mascarpone cheese
- ☐ 2 peaches fresh ripe (semi-ripe to)
- ☐ 3 tablespoons pecans salted toasted chopped
- ☐ 2 tablespoons sugar
- ☐ 25 servings vegetable oil for frying
- ☐ 1 package wonton wrappers (25 to 30)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ cutting board
- ☐ deep fryer

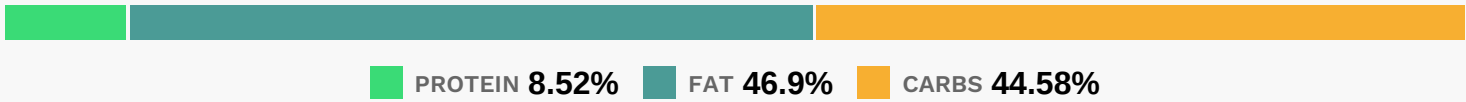
Directions

- ☐ Watch how to make this recipe.
- ☐ Pit the peaches and chop into small dice to yield 2 cups. Cook's Note: If the peaches are ripe, you will only need 2, but if they're still a bit firm, you may need 3 to yield the 2 cups needed.
- ☐ In a small saucepan, cook the peaches and sugar over medium heat until soft, 5 to 7 minutes.
- ☐ Remove from the heat.
- ☐ In a medium bowl, combine the mascarpone cheese and chopped pecans.
- ☐ Add the cooked peaches to the mascarpone mixture and stir to combine.
- ☐ In a medium-size, heavy-bottomed skillet or deep fryer, heat the oil to 375 degrees F.
- ☐ In a bowl, beat the egg for the egg wash. Keep the wonton wrappers under a moist towel to prevent them from drying out. Working 1 by 1, place a wonton wrapper on the cutting board.
- ☐ Place a heaping tablespoon (using 2 spoons to scrape the mixture off) peach-mascarpone mixture in the center of the wonton wrapper, making sure you have pecans in the mixture.
- ☐ Brush the egg wash along the top 2 sides of the wonton, and then fold over into a triangle, squeezing out as much air as possible. Too much air in the filling will cause the wonton to burst during frying. Press to seal the edges. Line the finished wontons on a plate and cover with another damp towel until ready to fry.
- ☐ Working in batches of 3, gently fry the wontons until golden brown, about 2 minutes on each side.
- ☐ Remove the wontons to a paper towel-lined plate to drain the excess oil.
- ☐ Transfer to a serving plate and dust with confectioners' sugar.

☐

Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:2.9786956614774%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 118.17kcal (5.91%), Fat: 6.16g (9.48%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 12.56g (4.57%), Sugar: 2.33g (2.59%), Cholesterol: 12.67mg (4.22%), Sodium: 109.51mg (4.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Manganese: 0.18mg (8.84%), Selenium: 5.92µg (8.46%), Vitamin B1: 0.1mg (6.99%), Vitamin B3: 1.09mg (5.44%), Vitamin K: 5.56µg (5.29%), Vitamin B2: 0.08mg (4.8%), Folate: 17.29µg (4.32%), Iron: 0.71mg (3.93%), Copper: 0.05mg (2.58%), Fiber: 0.62g (2.48%), Phosphorus: 24.03mg (2.4%), Vitamin E: 0.35mg (2.35%), Vitamin A: 114.82IU (2.3%), Calcium: 17.08mg (1.71%), Magnesium: 6.22mg (1.56%), Zinc: 0.23mg (1.55%), Potassium: 36.77mg (1.05%)