



## Peaches and Cream Wontons

READY IN



55 min.

SERVINGS



24

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup confectioners' sugar
- 8 ounce cream cheese softened
- 1 peaches fresh diced pitted peeled
- 1.5 teaspoons vanilla extract
- 1 cup vegetable oil for frying or as needed
- 0.5 cup water
- 24 wonton wrappers

### Equipment

- bowl
- paper towels
- sauce pan
- plastic wrap
- hand mixer
- slotted spoon

## Directions

- Beat cream cheese with an electric mixer on low in a bowl until slightly fluffy.
- Add peach, confectioners' sugar, and vanilla extract; beat until mixed. Cover bowl with plastic wrap and refrigerate to chill slightly, about 10 minutes.
- Heat vegetable oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Place a wonton wrapper on a work surface; spoon about 1 tablespoon cream cheese mixture into the center.
- Pour water into a small bowl, dip your finger in the water, and swipe all 4 sides of the wrapper. Fold one corner of the wrapper over the filling, forming a triangle shape. Press the edges of the wrapper down to seal all the sides. Repeat with remaining wrappers and filling.
- Fry 4 to 5 wontons at a time in the hot oil until lightly browned, about 3 minutes per side.
- Remove with a slotted spoon; drain on a paper towel-lined plate. Repeat with remaining wontons.

## Nutrition Facts



## Properties

Glycemic Index:2.8, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.5713043433169%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 79.17kcal (3.96%), Fat: 5.2g (8%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.55g (2.38%), Sugar: 2.13g (2.37%), Cholesterol: 10.22mg (3.41%), Sodium: 73.68mg (3.2%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 1.37g (2.75%), Selenium: 3.07µg (4.38%), Vitamin K: 3.73µg (3.55%), Vitamin B2: 0.05mg (3.09%), Vitamin A: 148.34IU (2.97%), Vitamin B1: 0.04mg (2.84%), Manganese: 0.05mg (2.67%), Vitamin B3: 0.47mg (2.33%), Folate: 7.68µg (1.92%), Vitamin E: 0.28mg (1.84%), Phosphorus: 17.58mg (1.76%), Iron: 0.29mg (1.58%), Calcium: 13.13mg (1.31%)