



Pear Walnut Wontons

 Dairy Free

READY IN



110 min.

SERVINGS



25

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces pears dried roughly chopped
- ☐ 1 tablespoon orange liqueur
- ☐ 0.5 gallon vegetable oil; peanut oil preferred for frying
- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod
- ☐ 1.3 ounces walnuts toasted finely chopped
- ☐ 0.3 cup water
- ☐ 25 servings bowl of water for sealing wontons

- ☐ 25 wonton wrappers

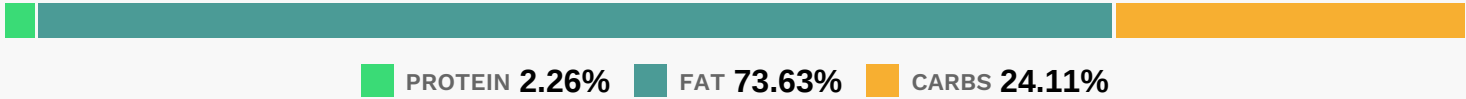
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ In a small saucepan over medium heat, bring water and sugar to a simmer, stirring occasionally, until sugar is dissolved.
- ☐ Remove from the heat and stir in vanilla bean scrapings and orange liqueur.
- ☐ Place pears in the bowl of a food processor and process until finely chopped, stopping to scrape down the bowl if necessary.
- ☐ Add the sugar syrup and pulse just until combined.
- ☐ Transfer the pears to a bowl and stir in the walnuts.
- ☐ Place the mixture in the refrigerator to cool completely, approximately 1 hour. The filling may be made up to 1 day ahead of time.
- ☐ Heat oil in a 6-quart Dutch oven to 360 degrees F.
- ☐ To form the dumplings, remove 1 wonton wrapper from the package, covering the others with a damp cloth.
- ☐ Brush the edges of the wrapper lightly with water.
- ☐ Place 1 teaspoon of the pear mixture in the center of the wrapper. Fold over the edges, seal, and shape as desired. Set on a sheet pan and cover with a damp cloth. Repeat procedure until all of the filling is gone.
- ☐ Gently place the wontons in the oil, 7 to 8 at a time. Fry until golden, approximately 2 minutes.
- ☐ Remove to a cooling rack set in a sheet pan lined with newspaper and let cool at least 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:2.3934782489162%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 187.23kcal (9.36%), Fat: 15.63g (24.05%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 10.77g (3.92%), Sugar: 6.46g (7.18%), Cholesterol: 0.68mg (0.22%), Sodium: 55.35mg (2.41%), Alcohol: 0.16g (100%), Alcohol %: 0.06% (100%), Protein: 1.08g (2.16%), Vitamin E: 2.29mg (15.28%), Manganese: 0.12mg (5.93%), Copper: 0.1mg (4.87%), Selenium: 2.21µg (3.16%), Fiber: 0.74g (2.96%), Vitamin B1: 0.04mg (2.96%), Vitamin B3: 0.52mg (2.58%), Iron: 0.44mg (2.45%), Vitamin B2: 0.04mg (2.4%), Magnesium: 8.39mg (2.1%), Folate: 7.84µg (1.96%), Phosphorus: 15.03mg (1.5%), Vitamin K: 1.53µg (1.46%), Calcium: 14.42mg (1.44%), Potassium: 48.89mg (1.4%)