



Puffs

🤍 Popular

READY IN



25 min.

SERVINGS



15

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 2 cloves garlic pressed
- ☐ 3 green onions diced
- ☐ 4 ounce jalapeño peppers diced canned
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 quart vegetable oil for frying
- ☐ 16 ounce wonton wrappers

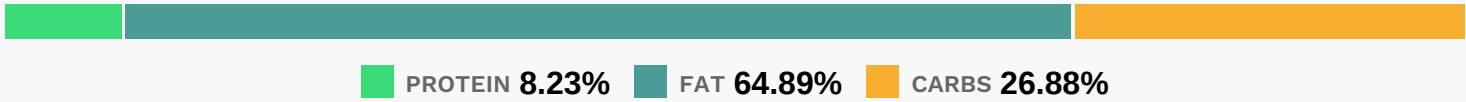
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a medium bowl, mix the cream cheese, Monterey Jack cheese, jalapeno peppers, garlic and green onions.
- ☐ Fill wonton wrappers with approximately 1 teaspoon cream cheese mixture each. Fold wrappers into triangles and press the edges with a moistened fork to seal.
- ☐ In a large, deep skillet, heat the oil over medium high heat. Drop 4 wontons at a time into the oil and quickly fry, turning once.
- ☐ Remove when golden brown and drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:9.87, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:7.2613042929898%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 284.12kcal (14.21%), Fat: 20.59g (31.68%), Saturated Fat: 6.51g (40.66%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 18.37g (6.68%), Sugar: 0.98g (1.09%), Cholesterol: 24.7mg (8.23%), Sodium: 266.32mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.75%), Vitamin K: 30.08µg (28.65%), Selenium: 11.02µg (15.75%), Vitamin C: 9.54mg (11.57%), Vitamin B1: 0.17mg (11.11%), Vitamin B2: 0.19mg (10.95%), Manganese: 0.21mg (10.66%), Vitamin E: 1.47mg (9.77%), Vitamin B3: 1.77mg (8.87%), Calcium: 88.44mg (8.84%), Folate: 32.31µg (8.08%), Phosphorus: 77.59mg (7.76%), Vitamin A: 370.68IU (7.41%), Iron: 1.15mg (6.39%), Zinc: 0.54mg (3.61%), Fiber: 0.83g (3.31%), Vitamin B6: 0.06mg (3.08%), Copper: 0.06mg (2.81%), Magnesium: 11.16mg (2.79%), Potassium: 77.83mg (2.22%), Vitamin B12: 0.1µg (1.7%), Vitamin B5: 0.14mg (1.38%)