



Pumpkin Pillows

READY IN



30 min.

SERVINGS



30

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp brown sugar
- 0.5 cup pumpkin canned
- 12 caramels kraft
- 0.5 cup knudsen cream sour
- 4 oz philadelphia cream cheese softened ()
- 1 egg white lightly beaten
- 1 tsp flour
- 1 tsp ground cinnamon divided
- 2 cups oil

- 0.3 tsp orange zest
- 1 Tbsp powdered sugar
- 1 tsp water
- 20 won ton wrappers

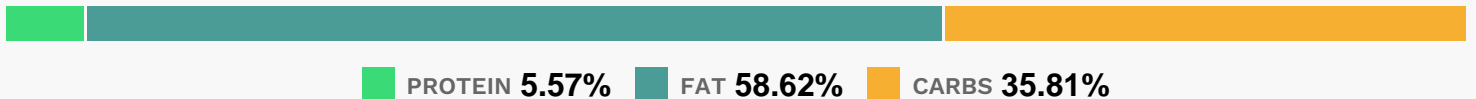
Equipment

- bowl
- sauce pan
- whisk
- microwave

Directions

- Microwave caramels and water in medium microwaveable bowl on HIGH 30 sec.; stir until caramels are completely melted. Cool 2 min. Stir in sour cream and 1/2 tsp. cinnamon. Refrigerate until ready to use.
- Whisk cream cheese, pumpkin, brown sugar, flour, zest and remaining cinnamon until blended; spoon about 2 tsp. onto center of each won ton wrapper. Moisten edges with egg white; fold diagonally in half. Pinch edges together tightly to seal.
- Heat oil in large saucepan on medium-high heat to 350F.
- Add won tons, in batches; cook 2 to 3 min. or until evenly browned.
- Drain. Cool.
- Sprinkle with powdered sugar.
- Serve with caramel sauce.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:2.1, Inflammation Score:-5, Nutrition Score:2.0308695694675%

Nutrients (% of daily need)

Calories: 81.99kcal (4.1%), Fat: 5.44g (8.38%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 7.22g (2.63%), Sugar: 3.69g (4.1%), Cholesterol: 6.81mg (2.27%), Sodium: 53.46mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin A: 712.84IU (14.26%), Vitamin E: 0.63mg (4.22%), Selenium: 2.2µg (3.14%), Vitamin B2: 0.05mg (3.02%), Vitamin K: 3.02µg (2.88%), Manganese: 0.06mg (2.76%), Vitamin B1: 0.03mg (2.22%), Calcium: 17.78mg (1.78%), Phosphorus: 17.29mg (1.73%), Vitamin B3: 0.31mg (1.53%), Folate: 5.7µg (1.42%), Iron: 0.25mg (1.4%), Fiber: 0.26g (1.03%)