



Sesame Won Ton Chips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 1 large egg white lightly beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.1 teaspoon ground ginger
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon sesame seed
- ☐ 12 won ton wrappers fresh thawed

Equipment

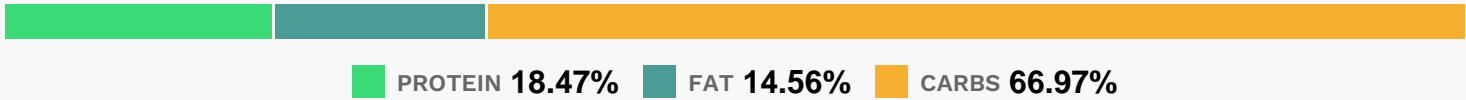
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Place a small skillet over medium-high heat until hot; add sesame seeds, and saut for 5 to 7 minutes or until seeds are fragrant and golden.
- ☐ Remove from heat, and set aside.
- ☐ Combine egg white, soy sauce, garlic powder, and ginger in a small bowl.
- ☐ Cut won ton wrappers in half diagonally, three at a time.
- ☐ Place in a 15 x 10-inch jelly-roll pan coated with cooking spray.
- ☐ Brush egg white mixture over won tons, and sprinkle evenly with sesame seeds.
- ☐ Bake on lowest oven rack at 375 for 6 to 7 minutes or until crisp and lightly browned.
- ☐ Remove from pan, and cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.7995652038928%

Nutrients (% of daily need)

Calories: 84.96kcal (4.25%), Fat: 1.36g (2.1%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 13.39g (4.87%), Sugar: 0.1g (0.11%), Cholesterol: 2.03mg (0.68%), Sodium: 286.86mg (12.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Selenium: 8.83µg (12.61%), Manganese: 0.24mg (11.76%), Vitamin B1: 0.14mg (9.08%), Vitamin B2: 0.14mg (8.03%), Vitamin B3: 1.37mg (6.87%), Iron: 1.14mg (6.34%), Copper: 0.12mg (6.04%), Folate: 23.56µg (5.89%), Phosphorus: 40.34mg (4.03%), Magnesium: 15.61mg (3.9%), Calcium: 32.22mg (3.22%), Fiber: 0.71g (2.85%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.04mg (1.8%), Potassium: 60.64mg (1.73%)