



Sesame Won Ton Toppers

READY IN



5 min.

SERVINGS



5

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter melted
- 0.3 teaspoon salt
- 1 tablespoon sesame seed
- 24 won ton wrappers

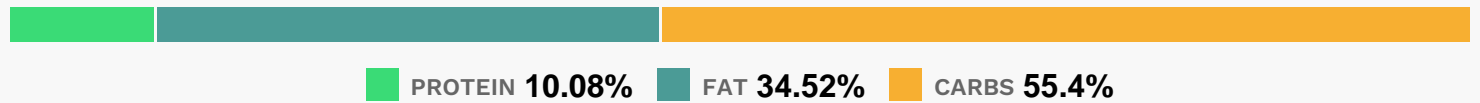
Equipment

- baking sheet
- oven

Directions

- Brush 1 side of each won ton wrapper with melted butter; sprinkle evenly with sesame seeds and salt.
- Place on ungreased baking sheets.
- Bake at 425 for 5 minutes or until golden brown.
- Note: Won ton wrappers can be found in the refrigerated produce section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:4.6195652355318%

Nutrients (% of daily need)

Calories: 154.08kcal (7.7%), Fat: 5.88g (9.04%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 20.39g (7.41%), Sugar: 0.01g (0.01%), Cholesterol: 15.28mg (5.09%), Sodium: 358.38mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Selenium: 10.76µg (15.37%), Manganese: 0.27mg (13.47%), Vitamin B1: 0.2mg (13.32%), Vitamin B3: 2.03mg (10.14%), Vitamin B2: 0.14mg (8.35%), Folate: 32.68µg (8.17%), Iron: 1.44mg (8.03%), Copper: 0.12mg (5.92%), Phosphorus: 40.57mg (4.06%), Calcium: 33.94mg (3.39%), Fiber: 0.84g (3.35%), Magnesium: 12.93mg (3.23%), Vitamin A: 145.13IU (2.9%), Zinc: 0.38mg (2.57%), Vitamin B6: 0.02mg (1.18%), Potassium: 38.38mg (1.1%)