



Sesame Wonton Crisps

 Dairy Free

READY IN



30 min.

SERVINGS



40

CALORIES



93 kcal

DESSERT

Ingredients

- 0.5 teaspoon ground pepper
- 1 tablespoon coarse salt
- 2 tablespoons cornstarch
- 1 cup sesame seed toasted
- 1 teaspoon sugar
- 5 cups vegetable oil
- 5 tablespoons water
- 40 wonton wrappers

Equipment

- bowl
- paper towels
- pot
- kitchen thermometer
- tongs

Directions

- Stir together seeds, salt, sugar, and cayenne in a small bowl. Stir together water and cornstarch separately.
- Heat oil in a 5-quart heavy pot over moderate heat until a deep-fat thermometer registers 360°F.
- Brush 1 side of 2 wrappers with cornstarch mixture and sprinkle with seed mixture. Shake off any excess seeds and add wrappers to oil, seeded sides down. Fry, turning over once, until golden, about 10 seconds. (Some seeds will fall off during frying.)
- Transfer crisps with tongs to paper towels to drain, then make more, 2 at a time, in same manner.
- You can make crisps 3 days ahead and keep in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.9347826142836%

Nutrients (% of daily need)

Calories: 93.48kcal (4.67%), Fat: 7.43g (11.43%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.11g (0.13%), Cholesterol: 0.68mg (0.22%), Sodium: 217.86mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Vitamin K: 10.04µg (9.56%), Copper: 0.16mg (8.24%), Manganese: 0.14mg (7.06%), Selenium: 3.42µg (4.88%), Vitamin B1: 0.07mg (4.58%), Iron: 0.8mg (4.47%), Calcium: 40.3mg (4.03%), Magnesium: 14.74mg (3.68%), Vitamin E: 0.46mg (3.08%), Phosphorus: 29.79mg (2.98%), Vitamin B3: 0.58mg (2.89%), Folate: 10.11µg (2.53%), Fiber: 0.59g (2.35%), Zinc: 0.35mg (2.3%), Vitamin B2: 0.04mg (2.23%),

Vitamin B6: 0.03mg (1.62%)