



Sesame Wonton Crisps

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



52 kcal

Ingredients

- 1.5 teaspoons sesame oil dark
- 0.1 teaspoon salt
- 2 teaspoons sesame seed
- 6 wonton wrappers

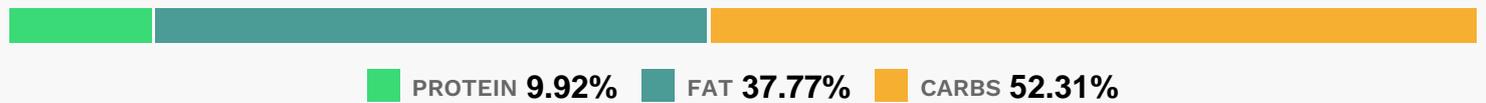
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 42
- Cut wonton wrappers in half diagonally. Arrange triangles in a single layer on a baking sheet coated with cooking spray.
- Brush evenly with dark sesame oil.
- Sprinkle evenly with sesame seeds and salt.
- Bake at 425 for 4 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.6030434799259%

Nutrients (% of daily need)

Calories: 51.73kcal (2.59%), Fat: 2.17g (3.33%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.43g (2.34%), Sugar: 0g (0%), Cholesterol: 1.01mg (0.34%), Sodium: 137.13mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Selenium: 3.52µg (5.02%), Manganese: 0.1mg (4.83%), Vitamin B1: 0.07mg (4.42%), Vitamin B3: 0.66mg (3.28%), Iron: 0.52mg (2.91%), Copper: 0.06mg (2.87%), Folate: 10.65µg (2.66%), Vitamin B2: 0.05mg (2.65%), Phosphorus: 15.4mg (1.54%), Calcium: 15.08mg (1.51%), Magnesium: 5.76mg (1.44%), Fiber: 0.32g (1.28%), Zinc: 0.16mg (1.05%)