



SNACK DELIGHTS Berry Won Ton Cups

READY IN



30 min.

SERVINGS



30

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups blackberries fresh
- 8 oz philadelphia snack delights chocolate white
- 16 won ton wrappers

Equipment

- oven
- muffin tray

Directions

- Heat oven to 350F.
- Spray 16 muffin pan cups with cooking spray. Line with won ton wrappers, extending edges of wrappers over tops of cups.
- Bake 10 min. or until lightly browned. Cool.
- Spoon 1 Tbsp. SNACK DELIGHTS into each won ton cup just before serving; top with blackberries.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:1.6891304154921%

Flavonoids

Cyanidin: 9.6mg, Cyanidin: 9.6mg, Cyanidin: 9.6mg, Cyanidin: 9.6mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 54.1kcal (2.7%), Fat: 2.69g (4.14%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.81g (2.48%), Sugar: 4.36g (4.84%), Cholesterol: 0.36mg (0.12%), Sodium: 24.19mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.99mg (1.66%), Protein: 0.82g (1.64%), Manganese: 0.12mg (6.24%), Fiber: 1g (3.99%), Copper: 0.07mg (3.26%), Magnesium: 11.26mg (2.82%), Vitamin C: 2.02mg (2.44%), Vitamin K: 2.38µg (2.26%), Iron: 0.4mg (2.24%), Vitamin B2: 0.04mg (2.1%), Selenium: 1.38µg (1.97%), Phosphorus: 16.47mg (1.65%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.61%), Folate: 6.07µg (1.52%), Zinc: 0.19mg (1.28%), Potassium: 40.76mg (1.16%)