



Spicy Chicken and Cilantro Wontons

 Dairy Free

READY IN



30 min.

SERVINGS



50

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bunches cilantro leaves fresh
- 0.3 cup ginger root fresh chopped
- 0.5 bulb garlic separated peeled
- 3 stalks lemon grass cut into 1 inch pieces
- 1 chile pepper fresh red chopped
- 1 tablespoon sesame oil
- 2 pounds chicken thighs diced boneless skinless
- 0.3 cup soya sauce

- 1 quart vegetable oil for frying
- 50 wonton wrappers

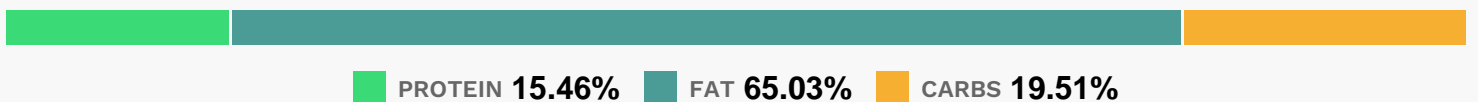
Equipment

- food processor
- bowl
- frying pan
- paper towels

Directions

- In a food processor, combine the chicken, lemon grass, ginger, garlic, chile pepper, cilantro, soy sauce and sesame oil. Pulse until thoroughly mixed and chicken is minced.
- Separate all of the wonton wrappers, and lay them out on a clean surface. Set a bowl of water to the side to dip your fingers.
- Place about 1 teaspoon of the chicken mixture onto the center of each wrapper. Wet the edges by dipping your fingers in water, and wiping the edge of each wrapper. Fold over into triangles, and press to seal. Take the two opposing points of the triangle, and fold around to join together.
- Heat the oil in a deep-fryer or deep pan to 365 degrees F (185 degrees C). Deep-fry several wontons at a time, turning as needed, until lightly browned.
- Remove to drain on paper towels.
- Serve while hot.

Nutrition Facts



Properties

Glycemic Index:2.74, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.8047826027741%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 99.95kcal (5%), Fat: 7.21g (11.09%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.69g (1.71%), Sugar: 0.08g (0.09%), Cholesterol: 18.46mg (6.15%), Sodium: 122.02mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Vitamin K: 8.5µg (8.09%), Selenium: 5.54µg (7.91%), Vitamin B3: 1.32mg (6.62%), Manganese: 0.11mg (5.41%), Phosphorus: 37.91mg (3.79%), Vitamin B6: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.64%), Vitamin B2: 0.06mg (3.34%), Iron: 0.49mg (2.74%), Vitamin E: 0.37mg (2.45%), Folate: 8.34µg (2.08%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.2mg (1.96%), Vitamin B12: 0.12µg (1.96%), Vitamin C: 1.44mg (1.74%), Potassium: 58.99mg (1.69%), Magnesium: 6.46mg (1.61%), Copper: 0.03mg (1.36%)