



Spicy Crab-and-Ginger Salsa with Sesame Wontons



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoons sriracha
- ☐ 1 cucumber diced peeled seeded
- ☐ 2 spring onion sliced
- ☐ 1 tablespoon juice of lime
- ☐ 12 ounces lump crab meat drained coarsely chopped
- ☐ 8 servings vegetable oil; peanut oil preferred
- ☐ 2 tablespoons pickled ginger chopped

- ☐ 3 tablespoons rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 tablespoons vegetable oil
- ☐ 24 frangelico
- ☐ 24 frangelico

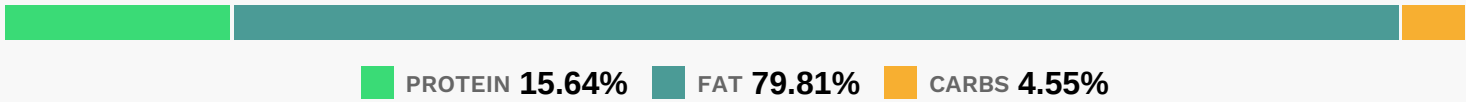
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Whisk together rice wine vinegar and next 5 ingredients. Stir in crabmeat and next 3 ingredients. Cover and chill until ready to serve.
- ☐ Pour peanut oil to a depth of 1/2 inch into a large skillet. Fry wontons, in batches, in hot oil over medium-high heat 30 seconds on each side or until golden.
- ☐ Drain on paper towels; sprinkle with sesame seeds.
- ☐ Serve wontons with salsa.
- ☐ NOTE: Chili-garlic sauce or paste may be found in the Asian section of the supermarket or in gourmet stores.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:10.273913139882%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 216.15kcal (10.81%), Fat: 19.24g (29.61%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.8g (0.89%), Cholesterol: 17.86mg (5.95%), Sodium: 533.65mg (23.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.97%), Vitamin B12: 3.83µg (63.79%), Copper: 0.51mg (25.61%), Selenium: 16.28µg (23.26%), Zinc: 2.78mg (18.52%), Vitamin E: 2.53mg (16.86%), Vitamin K: 15.34µg (14.61%), Phosphorus: 116.47mg (11.65%), Magnesium: 34.78mg (8.7%), Folate: 28.42µg (7.11%), Vitamin C: 5.49mg (6.66%), Manganese: 0.11mg (5.44%), Vitamin B6: 0.11mg (5.36%), Potassium: 173.3mg (4.95%), Calcium: 47.78mg (4.78%), Iron: 0.7mg (3.89%), Vitamin B1: 0.05mg (3.25%), Vitamin B3: 0.62mg (3.09%), Fiber: 0.68g (2.74%), Vitamin B5: 0.25mg (2.52%), Vitamin B2: 0.04mg (2.15%), Vitamin A: 68.23IU (1.36%)