

Strawberry Wonton Cups with Orange Mascarpone Whipped Cream

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup mascarpone cheese room temperature
- ☐ 3 tablespoons orange juice
- ☐ 1 orange zest
- ☐ 1 tablespoon powdered sugar
- ☐ 3 tablespoons powdered sugar
- ☐ 2 cups strawberries hulled chopped
- ☐ 1 teaspoons vanilla extract pure

☐ 24 wontons wrappers

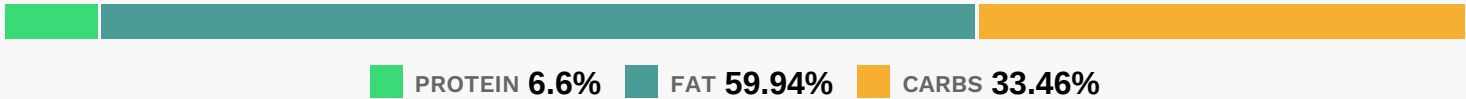
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ mini muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ For the wontons: In a large bowl combine the strawberries, orange juice and powdered sugar. Allow the strawberries to macerate for 20 minutes.
- ☐ Place a rack in the middle of the oven and preheat the oven to 350 degrees F. Spray a 24-count mini muffin tin with cooking spray. To create the wonton cups make a small fold in the center of each wonton and push it into the muffin cup, leaving a cup empty between each wonton.
- ☐ Bake the cups until the edges are golden, 5 to 6 minutes. Cool the cups while you make the whipped cream.
- ☐ For the whipped cream: In a bowl using an electric mixer, combine the heavy cream, mascarpone, sugar, vanilla and orange zest. Whip until the cream has soft peaks, about 2 minutes.
- ☐ Drain the berries, reserving the macerating liquid.
- ☐ Place a few berry slices in the bottom of each cup. Fill the cup with a tablespoon of whipped cream and top with additional strawberry slices.
- ☐ Drizzle with the reserved berry juices and serve.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:2.1391304226025%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 87.58kcal (4.38%), Fat: 5.84g (8.99%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 6.91g (2.51%), Sugar: 2.38g (2.64%), Cholesterol: 16.57mg (5.52%), Sodium: 48.35mg (2.1%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 1.45g (2.9%), Vitamin C: 8.86mg (10.74%), Manganese: 0.09mg (4.75%), Vitamin A: 220.24IU (4.4%), Selenium: 2.48µg (3.54%), Vitamin B1: 0.05mg (3.09%), Vitamin B2: 0.05mg (3.01%), Folate: 10.51µg (2.63%), Vitamin B3: 0.47mg (2.37%), Calcium: 19.62mg (1.96%), Iron: 0.32mg (1.78%), Fiber: 0.43g (1.73%), Phosphorus: 15.18mg (1.52%), Potassium: 39.51mg (1.13%), Vitamin D: 0.16µg (1.06%), Magnesium: 4.12mg (1.03%)