



Thanksgiving Leftover Wontons with Cranberry Salsa

READY IN



50 min.

SERVINGS



40

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups canola oil for frying
- 4 ounces cream cheese softened
- 1 cup cranberries dried
- 1 teaspoon garlic minced
- 1 teaspoon jalapeno minced seeded to taste
- 0.8 cup juice of lemon
- 1 tablespoon juice of lime
- 2 tablespoons onion minced

- 40 servings salt to taste
- 1 cup pepperidge farm sage and onion stuffing stuffing prepared
- 1.5 cups turkey shredded cooked
- 0.3 cup campbell's turkey gravy thick
- 1 teaspoon water
- 14 ounce wonton wrappers

Equipment

- food processor
- bowl
- frying pan
- paper towels

Directions

- Pour the lemon juice over the dried cranberries in a bowl; set aside.
- Mix the turkey, stuffing, cream cheese, and turkey gravy in a separate bowl until thoroughly combined.
- Place a wonton wrapper on a work surface; spoon about 1 tablespoon of the filling in the center of the wrapper. Moisten two opposite edges of the wrapper with a finger dipped in water, fold the wrapper in half the long way, and press the edges together with a fork.
- Sprinkle the wrapper with salt. Repeat with remaining filling and wrappers.
- Heat the canola oil in a large, deep skillet over medium heat; pan-fry the filled wontons in batches until crisp and golden brown, about 2 minutes per side.
- Drain the fried wontons on paper towels; allow to cool for about 5 minutes to set the filling.
- Drain the lemon juice from the dried cranberries.
- Place cranberries into a food processor; pulse several times until the cranberries are finely chopped.
- Transfer to a bowl and mix in the onion, lime juice, jalapeno pepper, garlic, and water.
- Serve with the hot fried wontons.

Nutrition Facts

PROTEIN 9.11% FAT 48.99% CARBS 41.9%

Properties

Glycemic Index:2.9, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.4313043385096%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 94.01kcal (4.7%), Fat: 5.19g (7.99%), Saturated Fat: 1g (6.28%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.48g (3.45%), Sugar: 2.59g (2.88%), Cholesterol: 6.44mg (2.15%), Sodium: 294.58mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Selenium: 6.36µg (9.09%), Vitamin E: 0.76mg (5.08%), Vitamin B3: 0.92mg (4.61%), Vitamin B1: 0.06mg (4.18%), Manganese: 0.08mg (4.18%), Vitamin B2: 0.06mg (3.42%), Vitamin K: 3.4µg (3.24%), Folate: 12.08µg (3.02%), Vitamin C: 2.1mg (2.54%), Iron: 0.44mg (2.46%), Phosphorus: 20.94mg (2.09%), Fiber: 0.51g (2.05%), Vitamin B6: 0.03mg (1.72%), Copper: 0.03mg (1.25%), Vitamin A: 59.03IU (1.18%), Zinc: 0.17mg (1.15%), Magnesium: 4.29mg (1.07%), Calcium: 10.41mg (1.04%)