

## Won Ton Snacks

 Dairy Free

READY IN



32 min.

SERVINGS



48

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounce water chestnuts canned
- 2 carrots
- 2 stalks celery
- 2 cloves garlic
- 2 pounds ground pork
- 1 small onion
- 0.5 cup thai peanut sauce prepared
- 14 ounce round wonton wrappers

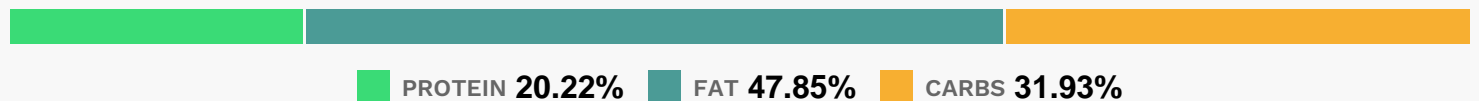
## Equipment

- food processor
- frying pan
- oven
- mini muffin tray

## Directions

- In a food processor, finely chop the celery, carrots, garlic, onion, and water chestnuts. The pieces should be small and fairly uniform, but not liquid.
- In a large skillet, combine the ground pork and chopped vegetables. Cook over medium heat until the vegetables are soft, and the pork is no longer pink. Increase the heat to high, and let the moisture evaporate, then stir in peanut sauce and cook for 5 more minutes before removing from heat.
- While the pork mixture is cooking, preheat the oven to 350 degrees F (175 degrees C). Press one wonton wrap into each cup of a mini muffin pan, with the edges flared out to the sides.
- Place one scoop of the meat mixture into each cup.
- Bake for about 12 minutes in the preheated oven, or until the outer wrappers are crisp and golden. Allow to cool slightly in the pan before removing to a serving tray.

## Nutrition Facts



## Properties

Glycemic Index:2.83, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:3.383043475773%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 86.02kcal (4.3%), Fat: 4.49g (6.91%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.29g (2.29%), Sugar: 0.82g (0.91%), Cholesterol: 14.35mg (4.78%), Sodium: 96.41mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin B1: 0.19mg (12.33%), Selenium: 7.07µg (10.1%), Vitamin A: 434.62IU (8.69%), Vitamin B3: 1.33mg (6.64%), Vitamin B2: 0.08mg (4.73%), Vitamin B6: 0.09mg (4.73%), Phosphorus: 43.09mg (4.31%), Manganese: 0.07mg (3.58%), Zinc: 0.51mg (3.43%), Iron: 0.52mg (2.91%), Folate: 9.85µg (2.46%), Potassium: 84.81mg (2.42%), Vitamin B12: 0.13µg (2.23%), Fiber: 0.46g (1.83%), Magnesium: 6.29mg (1.57%), Copper: 0.03mg (1.54%), Vitamin B5: 0.15mg (1.52%)