



Won Ton Wrapper Appetizers

 Popular

READY IN



35 min.

SERVINGS



60

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black drained chopped
- 1 cup monterrey jack cheese shredded
- 1 cup salad dressing ranch-style
- 1 pound sausage
- 1 cup cheddar cheese shredded
- 16 ounce wonton wrappers

Equipment

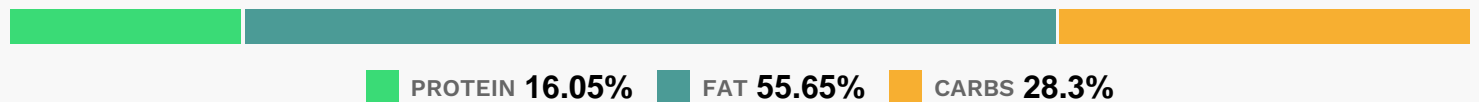
- bowl

- frying pan
- oven
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a miniature muffin pan with cooking spray.
- Insert wonton wrappers into the muffin pan so as to form small cups.
- Bake 5 minutes in the preheated oven. Allow the baked wrappers to cool.
- Remove from the pan.
- In a medium bowl, mix the sausage, Monterey Jack, Cheddar, black olives and Ranch-style dressing. Fill the baked wonton wrapper cups with the mixture.
- Bake the filled wonton wrappers 10 to 15 minutes, until the sausage mixture is bubbly and slightly brown. Watch closely so the wonton wrappers do not burn.

Nutrition Facts



Properties

Glycemic Index:1.37, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.8869565394909%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 70.72kcal (3.54%), Fat: 4.33g (6.66%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.78g (1.74%), Sugar: 0.44g (0.49%), Cholesterol: 9.68mg (3.23%), Sodium: 171.38mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Selenium: 3.03µg (4.32%), Vitamin B1: 0.06mg (4.12%), Vitamin B3: 0.78mg (3.88%), Phosphorus: 33.95mg (3.39%), Calcium: 32.69mg (3.27%), Vitamin B2: 0.05mg (3.15%), Manganese: 0.05mg (2.51%), Zinc: 0.35mg (2.31%), Vitamin K: 2.33µg (2.22%), Iron: 0.37mg (2.06%), Folate: 7.35µg (1.84%), Vitamin B12: 0.1µg (1.69%), Vitamin B6: 0.03mg (1.55%), Vitamin E: 0.16mg (1.08%)