

Won Tons

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Yield: 50 wontons

1 package (50 count) Won Ton wraps

1 large can mushrooms, sliced

10 green onions, sliced

1 can water chestnuts, sliced

1/4 cup oyster sauce

1 egg, beaten

salt (to taste)

2 pounds ground pork, beef or shrimp

In a skillet, cook the meat. Add the mushrooms, onions, water chestnuts, oyster sauce, egg and salt.

To wrap, moisten the ends of the wraps with water, using your fingers. Place one teaspoon of the filling on each wrap. Fold the ends over to form either a rectangle or a triangle shape.

Deep fry in oil until brown.

The won tons can be frozen before frying. Remove from the freezer and thaw before frying.

Per Serving (excluding unknown items): 135 Calories; 5g Fat (33.6% calories from fat); 10g Protein; 14g Carbohydrate; 4g Dietary Fiber; 212mg Cholesterol; 532mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1/2 Fat.

Soups

Per Serving Nutritional Analysis

Calories (kcal):	135	Vitamin B6 (mg):	.1mg
% Calories from Fat:	33.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	39.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	27.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	5g	Folacin (mcg):	126mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	212mg	% Refuse:	0.0%
Carbohydrate (g):	14g		
Dietary Fiber (g):	4g		

Food Exchanges

Grain (Starch): 0

