

Asian Pork Wonton Bites

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Servings: 12

Yield: 12 wonton bites

2 cups Publix deli mojo pork (1/2 pound), shredded

1/2 cup sweet chili sauce

1/3 cup presliced green onions

1 tablespoon sesame seeds

12 square wonton skins

1/4 cup egg substitute (or one egg beaten)

cooking spray

Preheat the oven to 400 degrees.

Line a baking sheet with foil.

Shred the pork, if needed. In a bowl, combine the pork (including onions), chili sauce, green onions and sesame seeds.

Place the wonton skins, like a diamond, on the work surface; brush with egg. Place about two tablespoons of the pork mixture on each wonton, down through the middle, from one corner to the opposite corner. Repeat for all of the wonton skins.

Bring up the other two corners (opposite sides), pinching to seal together. Place on the baking sheet.

Coat the wontons with spray. Bake for 10 to 12 minutes or until golden. Let stand 5 minutes to cool.

Serve with extra chili sauce for dipping.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 4 Calories; trace Fat (73.1% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

% Calories from Fat:	73.1%
% Calories from Carbohydrates:	15.3%
% Calories from Protein:	11.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	trace
Potassium (mg):	4mg
Calcium (mg):	7mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	trace
Vitamin A (r.e.):	0RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 4 **Calories from Fat:** 3

		% Daily Values*
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Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	trace	
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Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.