Won Tons

Barbara Stanton Church of St Peter, Mendota, MN - Our Favorite Recipes, September, 2003

Yield: 50 wontons

 package (50 count) Won Ton wraps
large can mushrooms, sliced
green onions, sliced
can water chestnuts, sliced
4 cup oyster sauce
gg, beaten salt (to taste)
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

Bar Camina Nutritianal Analysia

Calories (kcal):	135
% Calories from Fat:	33.6%
% Calories from Carbohydrates:	39.4%
% Calories from Protein:	27.0%
Total Fat (g):	5g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	212mg
Carbohydrate (g):	14g
Dietary Fiber (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	126mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
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Food Exchanges

Grain (Starch):

Protein (g):	10g	Lean Meat:	1
Sodium (mg):	532mg	Vegetable:	2 1/2
Potassium (mg):	556mg	Fruit:	0
Calcium (mg):	140mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	29mg		
Vitamin A (i.u.):	825IU		
Vitamin A (r.e.):	129 1/2RE		

Nutrition Facts

Amount Per Serving				
Calories 135	Calories from Fat: 45			
	% Daily Values*			
Total Fat 5g	8%			
Saturated Fat 2g	8%			
Cholesterol 212mg	71%			
Sodium 532mg	22%			
Total Carbohydrates 14g	5%			
Dietary Fiber 4g	17%			
Protein 10g				
Vitamin A	17%			
Vitamin C	48%			
Calcium	14%			
Iron	19%			

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