

# Chinese Fried Wontons

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/youtube-chinese-chicken-and-tomato-recipe>

## Ingredients:

- 1 pound chicken ground meat, turkey, beef, lamb, pork
- 1 tablespoon fresh ginger grated
- 2 cloves garlic finely minced
- 1 stalk green onion chopped
- 1 tablespoon soy sauce
- 2 tablespoons oyster sauce
- 2 cups chopped kale finely, leaf only or vegetables of your choice
- 1/2 cup water
- 1 egg
- 50 wonton wrappers defrosted
- cooking oil for frying

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 135 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 2 grams
8. Sodium: 1150 milligrams

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