



Afterburners



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon halved lengthwise
- ☐ 12 jalapeno
- ☐ 12 medium size shrimp fresh unpeeled

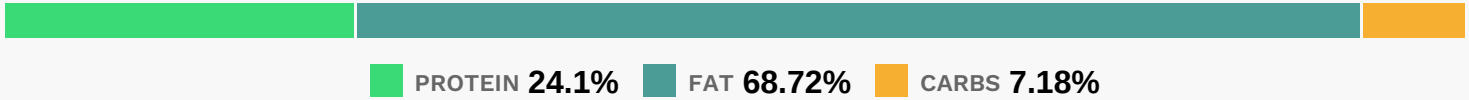
Equipment

- ☐ frying pan

Directions

- ☐ Peel shrimp, and devein, if desired.
- ☐ Cut a slit in each jalapeo pepper; remove seeds and membranes. Carefully place one shrimp in cavity of each pepper.
- ☐ Wrap each pepper with 1 bacon piece, and secure with a wooden pick.
- ☐ Place in a jellyroll pan.
- ☐ Broil 5 1/2 inches from heat 6 to 7 minutes on each side, or until bacon is cooked.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:5.5178260621817%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 116.86kcal (5.84%), Fat: 8.94g (13.75%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.32g (0.48%), Sugar: 1.15g (1.28%), Cholesterol: 46.72mg (15.57%), Sodium: 170.28mg (7.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin C: 33.21mg (40.25%), Vitamin B6: 0.18mg (8.79%), Phosphorus: 81.76mg (8.18%), Vitamin E: 1.1mg (7.31%), Selenium: 4.53µg (6.48%), Vitamin B3: 1.24mg (6.22%), Vitamin A: 309.98IU (6.2%), Copper: 0.1mg (5.02%), Vitamin K: 5.18µg (4.93%), Vitamin B1: 0.07mg (4.79%), Potassium: 165.8mg (4.74%), Zinc: 0.57mg (3.78%), Magnesium: 13.84mg (3.46%), Fiber: 0.78g (3.14%), Vitamin B2: 0.04mg (2.2%), Vitamin B5: 0.21mg (2.1%), Folate: 7.56µg (1.89%), Vitamin B12: 0.11µg (1.83%), Manganese: 0.04mg (1.81%), Calcium: 17.26mg (1.73%), Iron: 0.26mg (1.47%)