

## Armadillo Eggs

READY IN



55 min.

SERVINGS



12

CALORIES



506 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 1 tablespoon garlic salt
- ☐ 24 jalapeño peppers
- ☐ 16 ounce monterrey jack cheese cubed
- ☐ 1 tablespoon pepper flakes red crushed
- ☐ 1 pound sausage
- ☐ 16 ounce cheddar cheese shredded

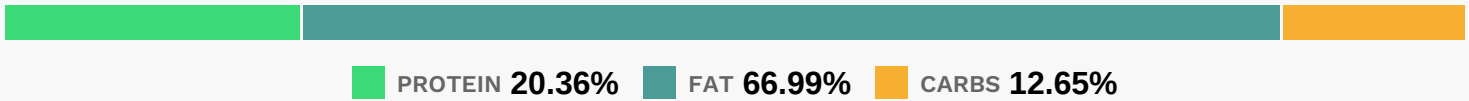
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium baking sheet.
- ☐ Cut a slit in each jalapeno pepper.
- ☐ Remove and discard seeds and pulp.
- ☐ In a medium bowl, mix sausage, baking mix, Cheddar cheese, crushed red pepper, and garlic salt.
- ☐ Stuff jalapenos with the Monterey Jack cheese cubes. Shape sausage mixture around the jalapenos to form balls.
- ☐ Arrange jalapeno balls on the prepared baking sheet.
- ☐ Bake 25 minutes in the preheated oven, until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:17.721304478853%

## 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: 505.72kcal (25.29%), Fat: 37.61g (57.86%), Saturated Fat: 18.64g (116.48%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 14.55g (5.29%), Sugar: 3.85g (4.27%), Cholesterol: 99.06mg (33.02%), Sodium: 1562.75mg (67.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.43%), Calcium: 594.35mg (59.43%), Phosphorus: 518.26mg (51.83%), Vitamin C: 33.54mg (40.65%), Vitamin B2: 0.47mg (27.85%), Selenium: 17.93µg (25.61%), Vitamin A: 1198.08IU (23.96%), Zinc: 3.53mg (23.54%), Vitamin B12: 1.11µg (18.56%), Vitamin B1: 0.25mg (16.56%), Vitamin B6: 0.32mg (15.9%), Vitamin B3: 3.18mg (15.88%), Folate: 47.87µg (11.97%), Vitamin E: 1.74mg (11.58%), Magnesium: 35.91mg (8.98%), Vitamin K: 9.19µg (8.75%), Iron: 1.5mg (8.31%), Potassium: 268.63mg (7.68%), Vitamin B5: 0.76mg (7.6%), Vitamin D: 0.94µg (6.3%), Manganese: 0.12mg (5.89%), Fiber: 1.44g (5.74%),

Copper: 0.1mg (5.02%)