



Armadillo Eggs

 Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



479 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 jalapeno whole canned
- 12 oz sharp cheddar cheese shredded
- 8 oz monterrey jack cheese shredded
- 1 lb pork sausage
- 2 eggs
- 6 oz candy coating disks for pork
- 2 cups frangelico

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°F. Spray 15x10-inch pan with cooking spray.
- Cut lengthwise slit on one side of each chile, leaving other side intact; remove seeds. Stuff each chile with about 2 teaspoons Cheddar cheese. Pinch edges to close; set aside.
- In large bowl, mix remaining Cheddar cheese, the Monterey Jack cheese, sausage and Bisquick mix. Shape about 2 rounded tablespoonfuls of sausage mixture into 1/4-inch-thick patties.
- Place 1 stuffed chile in center of each patty and wrap mixture around chile. Dip in eggs; roll in coating mix.
- Place in pan.
- Bake 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:13.832173819127%

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: 479.12kcal (23.96%), Fat: 36.27g (55.8%), Saturated Fat: 20.01g (125.09%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 14.23g (5.18%), Sugar: 13.56g (15.07%), Cholesterol: 119.6mg (39.87%), Sodium: 665.32mg (28.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.38%), Calcium: 422.08mg (42.21%), Vitamin C: 33.53mg (40.64%), Phosphorus: 342.45mg (34.24%), Selenium: 15.73µg (22.47%), Vitamin B2: 0.35mg (20.8%), Zinc: 3.07mg (20.44%), Vitamin A: 898.66IU (17.97%), Vitamin B12: 1.01µg (16.88%), Vitamin B6: 0.31mg (15.62%), Vitamin B3: 2.54mg (12.69%), Vitamin B1: 0.15mg (10.18%), Vitamin E: 1.5mg (9.97%), Vitamin D: 1.11µg (7.37%), Vitamin B5: 0.72mg (7.16%), Potassium: 238.64mg (6.82%), Magnesium: 26.92mg (6.73%), Vitamin K:

6.77µg (6.45%), Folate: 23.38µg (5.84%), Iron: 0.95mg (5.25%), Copper: 0.07mg (3.38%), Fiber: 0.78g (3.14%),
Manganese: 0.04mg (1.89%)