



Bacon-Apple-Jalapeno Pop 'Ems

 Gluten Free

READY IN



65 min.

SERVINGS



40

CALORIES



63 kcal

Ingredients

- ☐ 20 strips thin- bacon chopped
- ☐ 1 large apples i use 2 granny smith apples minced cored
- ☐ 20 jalapeños
- ☐ 40 servings kosher salt and pepper black freshly ground
- ☐ 8 ounce cream cheese light at room temperature
- ☐ 3 large scallions white green sliced finely

Equipment

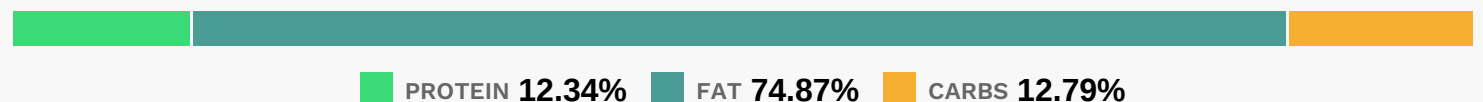
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ offset spatula
- ☐ measuring spoon

Directions

- ☐ Special equipment: Special equipment: 40 toothpicks
- ☐ Preheat the oven to 375 degrees F. Line a baking sheet with
- ☐ foil or parchment.
- ☐ In a large bowl, stir and break down the cream cheese until
- ☐ smooth.
- ☐ Add the scallions and apples, plus as much salt and freshly ground
- ☐ black pepper as you like.
- ☐ Don a pair of plastic gloves so you don't burn your fingers
- ☐ or your eyes like I did. Slice each jalapeno in half lengthwise, and then
- ☐ either slice out the membranes or use a measuring spoon to scoop them out.
- ☐ Discard the seeds.
- ☐ Either using a teaspoon or a small icing spatula, fill each
- ☐ jalapeno half with the cream cheese mixture; fill until just over the rim of
- ☐ the jalapeno. Wrap each pepper with a bacon half and secure with a toothpick.
- ☐ Line up the pop 'ems on the prepared baking sheet and pop into the oven until
- ☐ bacon has browned on the bottom, about 30 minutes. Allow to cool for about 5
- ☐ minutes (which will be as long as you can resist them). Enjoy with a cold beer!
- ☐ Aaah!

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:2.2408695907696%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 63.05kcal (3.15%), Fat: 5.28g (8.12%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.24g (1.38%), Cholesterol: 10.32mg (3.44%), Sodium: 93.76mg (4.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Vitamin C: 8.91mg (10.8%), Vitamin K: 5.53µg (5.26%), Selenium: 2.48µg (3.55%), Vitamin B6: 0.06mg (3.24%), Vitamin B3: 0.56mg (2.78%), Phosphorus: 27.74mg (2.77%), Vitamin A: 133.08IU (2.66%), Vitamin B1: 0.04mg (2.5%), Vitamin E: 0.33mg (2.23%), Potassium: 65.61mg (1.87%), Vitamin B12: 0.11µg (1.79%), Fiber: 0.4g (1.62%), Vitamin B2: 0.03mg (1.61%), Vitamin B5: 0.14mg (1.37%), Manganese: 0.03mg (1.32%), Zinc: 0.18mg (1.22%), Calcium: 11.91mg (1.19%), Folate: 4.35µg (1.09%)