



Bacon Wrapped Buffalo Chicken Jalapeno Poppers



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



445 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices bacon cut in half
- ☐ 0.3 cup cheese blue crumbled
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup cheddar cheese
- ☐ 0.3 cup sauce red hot (such as Frank's)
- ☐ 12 large jalapeños with seeds removed cut in half
- ☐ 0.3 cup ranch dressing blue

☐ 1 cup warm diced shredded cooked

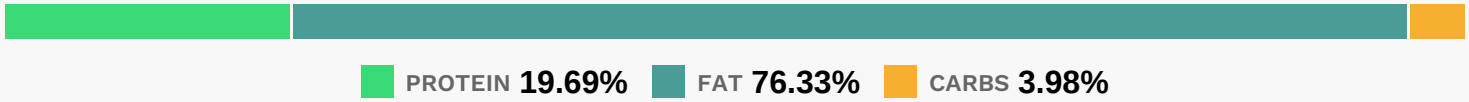
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place the jalapenos in a single layer on a baking pan with the cut side down and roast in a preheated 350F oven for 10 minutes.
- ☐ Mix the hot sauce and the melted butter and then mix in the chicken.Fill the jalapenos with the buffalo chicken, top with cheese and wrap with bacon securing everything with a toothy pick.
- ☐ Bake in a preheated 350F oven until the bacon is cooked, about 20–25 minutes.
- ☐ Serve while still warm with a side celery and carrot sticks and some blue cheese sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:14.246956586838%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 444.7kcal (22.24%), Fat: 37.44g (57.59%), Saturated Fat: 14.58g (91.1%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.23g (2.48%), Cholesterol: 90.88mg (30.29%), Sodium: 1233.84mg (53.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.45%), Vitamin C: 49.86mg (60.43%), Selenium: 25.55µg (36.49%), Vitamin B3: 6.05mg (30.25%), Vitamin B6: 0.52mg (25.85%), Phosphorus: 251.71mg (25.17%), Vitamin B1: 0.23mg (15.23%), Vitamin A: 714.6IU (14.29%), Vitamin E: 1.98mg (13.21%), Zinc: 1.89mg (12.63%), Vitamin B2: 0.21mg (12.6%), Calcium: 121.49mg (12.15%), Vitamin B12: 0.65µg (10.84%), Vitamin B5: 1.02mg (10.18%), Potassium: 343.63mg (9.82%), Vitamin K: 9.21µg (8.78%), Magnesium: 26.56mg (6.64%), Iron: 0.91mg (5.08%), Fiber: 1.18g (4.7%), Folate: 18.17µg (4.54%), Copper: 0.07mg (3.71%), Manganese: 0.06mg (2.77%), Vitamin D: 0.35µg

(2.32%)