



## Bacon-Wrapped Jalapeno Poppers

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**12**

CALORIES



**148 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 slices bacon
- 0.5 cup cream cheese
- 12 jalapeño peppers halved lengthwise
- 0.5 cup sharp cheddar cheese shredded

### Equipment

- bowl
- baking sheet
- oven

aluminum foil

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
- Mix cream cheese and Cheddar cheese together in a bowl until evenly blended. Fill each jalapeno half with the cheese mixture. Put halves back together and wrap each stuffed pepper with a slice of bacon. Arrange bacon-wrapped peppers on the prepared baking sheet.
- Bake in the preheated oven until bacon is crispy, about 15 minutes.

## Nutrition Facts

**PROTEIN 12.35%** **FAT 82.72%** **CARBS 4.93%**

## Properties

Glycemic Index:7.17, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:4.1295651819395%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 148.11kcal (7.41%), Fat: 13.64g (20.98%), Saturated Fat: 5.75g (35.95%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.95g (1.05%), Cholesterol: 28.78mg (9.59%), Sodium: 206.55mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin C: 16.6mg (20.13%), Selenium: 6.62µg (9.46%), Phosphorus: 67mg (6.7%), Vitamin A: 333.26IU (6.67%), Vitamin B6: 0.13mg (6.29%), Vitamin B3: 1.08mg (5.38%), Vitamin E: 0.71mg (4.75%), Vitamin B1: 0.07mg (4.66%), Calcium: 45.24mg (4.52%), Vitamin B2: 0.07mg (4.13%), Zinc: 0.5mg (3.33%), Vitamin B12: 0.18µg (3.01%), Vitamin K: 2.9µg (2.76%), Potassium: 94.39mg (2.7%), Vitamin B5: 0.24mg (2.4%), Magnesium: 6.86mg (1.72%), Fiber: 0.39g (1.57%), Folate: 5.62µg (1.4%)