



WHATSheATE



Baked Stuffed Jalapeños



Gluten Free



Popular

READY IN



40 min.

SERVINGS



24

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 12 jalapeño peppers (see Recipe Note)
- ☐ 0.3 cup onion minced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.8 cup cream cheese
- ☐ 1.5 teaspoons cumin
- ☐ 1 teaspoon salt to taste (more or less)
- ☐ 2 ounces jack cheese cut into 2 1/2-inch long batons
- ☐ 0.3 cup bacon cooked chopped

- ☐ 0.5 cup jack cheese shredded cut into 2 1/2-inch long batons
- ☐ 1 teaspoon oregano dried

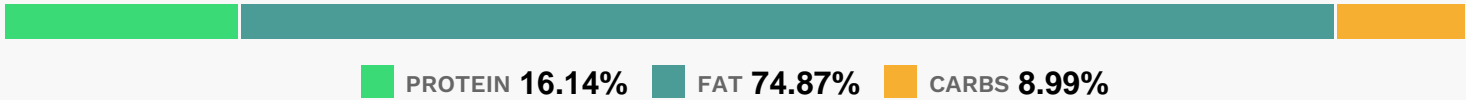
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Prepare the jalapeños for stuffing: You can either slice the jalapeños in half lengthwise or you can slice off the top one-third (lengthwise) of each jalapeño to make a boat shape out of each pepper.
- ☐ The halved jalapeños will go further (twice as many stuffed peppers), but you can put more filling into the boat-shaped peppers. Your choice.
- ☐ If you choose to make the boats, you can mince the tops and add them to the filling if you want some extra heat, or save them for another recipe.
- ☐ In either case, scrape out all the seeds and ribs from each jalapeño with a spoon (a grapefruit spoon works great).
- ☐ Mix together all the filling ingredients except the jack cheese batons.
- ☐ Stuff the jalapeños: Pack the filling into the peppers and nestle a baton of jack cheese onto the filling of each one.
- ☐ Bake: Arrange the peppers on a foil-lined baking sheet and bake at 375°F for 20 to 30 minutes, or until the cheese is bubbly and lightly browned, and the peppers are cooked.
- ☐ Cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:2.1013043172981%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 51.35kcal (2.57%), Fat: 4.34g (6.68%), Saturated Fat: 2.49g (15.53%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.66g (0.73%), Cholesterol: 12.53mg (4.18%), Sodium: 167.83mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin C: 8.48mg (10.28%), Calcium: 46.09mg (4.61%), Vitamin A: 221.72IU (4.43%), Phosphorus: 36.23mg (3.62%), Selenium: 1.94µg (2.77%), Vitamin B2: 0.04mg (2.58%), Vitamin K: 2.61µg (2.49%), Vitamin E: 0.35mg (2.35%), Vitamin B6: 0.05mg (2.35%), Zinc: 0.23mg (1.57%), Potassium: 43.02mg (1.23%), Vitamin B3: 0.24mg (1.19%), Vitamin B12: 0.07µg (1.13%), Fiber: 0.28g (1.11%), Magnesium: 4.22mg (1.06%), Iron: 0.19mg (1.06%)