



Benny's Famous Jalapeno Poppers

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices bacon cut in half
- ☐ 6 ounces corn kernals fresh
- ☐ 4 ounce cream cheese softened
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 8 jalapeño peppers fresh halved lengthwise seeded
- ☐ 4 ounces cheddar cheese shredded

Equipment

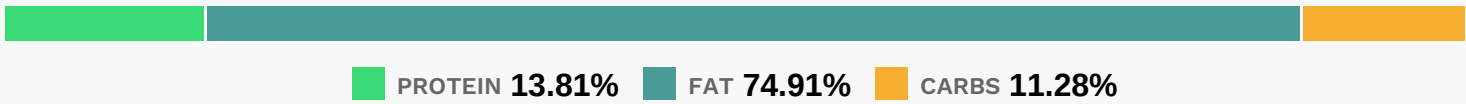
- ☐ bowl

- ☐ toothpicks
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Mix together the cream cheese, Cheddar cheese, corn, salt, and black pepper in a bowl.
- ☐ Fill the jalapeno halves with the cream cheese mixture.
- ☐ Wrap each stuffed pepper with bacon, securing it with a toothpick. Be sure the toothpick pokes through the bacon as well as the pepper.
- ☐ Place the poppers face down on the grill over direct heat. Grill until bacon is crispy and brown, about 5 minutes; turn the poppers over and grill until bacon is crisp on other side, 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:6.5813043324844%

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: 221.78kcal (11.09%), Fat: 18.77g (28.88%), Saturated Fat: 8.59g (53.71%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.52g (2.01%), Sugar: 2.49g (2.76%), Cholesterol: 43.01mg (14.34%), Sodium: 286.48mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.57%), Vitamin C: 18.05mg (21.88%), Selenium: 9.84µg (14.06%), Phosphorus: 134.49mg (13.45%), Calcium: 117.61mg (11.76%), Vitamin A: 531.77IU (10.64%), Vitamin B2: 0.13mg (7.92%), Vitamin B6: 0.16mg (7.75%), Vitamin B3: 1.46mg (7.31%), Vitamin B1: 0.11mg (7.12%), Zinc: 0.97mg (6.46%), Vitamin E: 0.84mg (5.6%), Vitamin B12: 0.29µg (4.86%), Potassium: 166.64mg (4.76%), Vitamin B5: 0.46mg (4.59%), Magnesium: 17.88mg (4.47%), Folate: 16.98µg (4.24%), Fiber: 0.84g (3.37%), Manganese: 0.07mg (3.32%), Vitamin K: 3.46µg (3.29%), Copper: 0.04mg (1.79%), Iron: 0.28mg (1.58%), Vitamin D: 0.17µg (1.15%)