



Best Ever Jalapeno Poppers

 Popular

READY IN



60 min.

SERVINGS



32

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon bacon bits
- 12 ounces cream cheese softened
- 1 cup bread crumbs dry
- 1 cup flour all-purpose
- 12 ounces jalapeño peppers halved seeded
- 1 cup milk
- 2 quarts oil for frying
- 8 ounce cheddar cheese shredded

Equipment

- bowl
- frying pan
- paper towels

Directions

- In a medium bowl, mix the cream cheese, Cheddar cheese and bacon bits. Spoon this mixture into the jalapeno pepper halves.
- Put the milk and flour into two separate small bowls. Dip the stuffed jalapenos first into the milk then into the flour, making sure they are well coated with each. Allow the coated jalapenos to dry for about 10 minutes.
- Dip the jalapenos in milk again and roll them through the breadcrumbs. Allow them to dry, then repeat to ensure the entire surface of the jalapeno is coated.
- In a medium skillet, heat the oil to 365 degrees F (180 degrees C). Deep fry the coated jalapenos 2 to 3 minutes each, until golden brown.
- Remove and let drain on a paper towel.

Nutrition Facts

  
 **PROTEIN 6.83%**  **FAT 79.27%**  **CARBS 13.9%**

Properties

Glycemic Index:6.22, Glycemic Load:2.62, Inflammation Score:-4, Nutrition Score:5.0108695211618%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 206.95kcal (10.35%), Fat: 18.45g (28.39%), Saturated Fat: 4.59g (28.66%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.7g (2.44%), Sugar: 1.45g (1.61%), Cholesterol: 18.74mg (6.25%), Sodium: 111.6mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Vitamin E: 2.62mg (17.46%), Vitamin C: 12.61mg (15.29%), Vitamin K: 11.05µg (10.53%), Calcium: 78.06mg (7.81%), Selenium: 5.3µg (7.57%), Vitamin A: 340.75IU (6.81%), Phosphorus: 64.56mg (6.46%), Vitamin B2: 0.11mg (6.28%), Vitamin B1: 0.08mg (5.18%), Folate: 16.35µg

(4.09%), Manganese: 0.07mg (3.51%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.62mg (3.08%), Zinc: 0.44mg (2.93%), Vitamin B12: 0.15µg (2.57%), Fiber: 0.58g (2.31%), Iron: 0.4mg (2.2%), Magnesium: 7.9mg (1.97%), Potassium: 68.4mg (1.95%), Vitamin B5: 0.19mg (1.88%), Copper: 0.02mg (1.23%)