




 **54%**
HEALTH SCORE

Big Blue Buffalo Jala' Poppers

READY IN

55 min.

SERVINGS

4

CALORIES

128 kcal

SIDE DISH

Ingredients

- 0.5 cup high-fiber bran cereal (recommended: Fiber One Original)
- 3 tablespoons cheese blue crumbled
- 1 Dash cayenne pepper
- 4 servings serving suggestion: carrot and celery sticks
- 0.3 teaspoon garlic powder
- 6 jalapeño peppers fresh whole
- 0.3 cup liquid egg substitute fat-free
- 0.3 teaspoon onion powder
- 2 tablespoons cayenne pepper sauce divided (recommended: Frank's RedHot)

- 4 wedges spreadable swiss cheese light (recommended: The Laughing Cow)

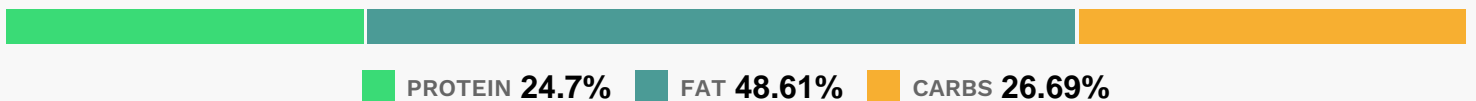
Equipment

- food processor
- bowl
- baking sheet
- oven
- blender

Directions

- Preheat the oven to 350 degrees F. Spray a large baking sheet with nonstick spray and set it aside.
- In a small bowl, combine cheese wedges with 1 tablespoon of hot sauce and mix well.
- Add blue cheese, stir, and set aside.
- Halve the peppers lengthwise, and remove the seeds, stems, etc. Wash the halves and dry them very well. Evenly spoon and spread the cheese mixture into the pepper halves and set aside.
- Put the cereal and spices in a blender or food processor. Grind to a breadcrumb-like consistency.
- Transfer the crumbs to a plate and set aside.
- Pour egg substitute into a shallow bowl.
- Add remaining 1 tablespoon of hot sauce and mix well. One at a time, gently cover the pepper halves with egg mixture, shake to remove excess, and then coat entirely with crumb mixture. Repeat with the remaining pepper halves, evenly placing them on the baking sheet.
- Bake in the oven until the coating is crispy and the pepper halves have softened, 25 to 30 minutes. Enjoy!

Nutrition Facts



Properties

Glycemic Index:57.92, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:18.366086711054%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 127.92kcal (6.4%), Fat: 7.67g (11.81%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 5.88g (2.14%), Sugar: 2.7g (3%), Cholesterol: 19.75mg (6.58%), Sodium: 144.06mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.55%), Vitamin B6: 1.13mg (56.26%), Vitamin B12: 2.09µg (34.76%), Vitamin C: 28.52mg (34.57%), Vitamin A: 1631.82IU (32.64%), Manganese: 0.65mg (32.59%), Folate: 116.22µg (29.05%), Phosphorus: 232.1mg (23.21%), Calcium: 227.4mg (22.74%), Vitamin B2: 0.38mg (22.25%), Selenium: 13.17µg (18.82%), Fiber: 3.6g (14.39%), Vitamin B1: 0.22mg (14.37%), Zinc: 2.09mg (13.96%), Vitamin E: 1.96mg (13.03%), Magnesium: 44.51mg (11.13%), Iron: 1.97mg (10.92%), Vitamin B3: 1.73mg (8.63%), Potassium: 245.51mg (7.01%), Vitamin K: 7.01µg (6.67%), Copper: 0.12mg (5.76%), Vitamin B5: 0.57mg (5.66%), Vitamin D: 0.6µg (4%)