



Bluezy's Stuffed Jalapenos with Bacon

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices hickory-smoked bacon cut in half crosswise
- 6 ounce whipped cream cheese at room temperature
- 12 large jalapeño peppers halved lengthwise seeded
- 6 ounces cheddar cheese shredded
- 1 tablespoon worcestershire sauce

Equipment

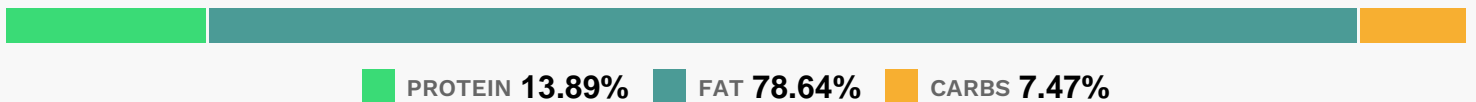
- bowl
- frying pan

- baking sheet
- oven
- aluminum foil
- pastry bag

Directions

- Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.
- Place bacon in a skillet over medium heat, working in batches, and cook until bacon is translucent and still flexible, about 2 minutes per side. Set bacon aside.
- Trim membranes from jalapeno pepper halves to reduce heat. Rinse peppers and set aside.
- Place whipped cream cheese and Cheddar cheese into a bowl and mix until well blended; stir in Worcestershire sauce. Spoon cheese mixture into a pastry bag fitted with a large tip. Pipe the cheese filling generously into the pepper halves. Top each filled pepper with a precooked bacon strip and arrange onto prepared baking sheet.
- Bake in the preheated oven until cheese filling is bubbling and the bacon strips are lightly browned, 8 to 14 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:2.6804347867551%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 95.58kcal (4.78%), Fat: 8.38g (12.89%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.95g (1.06%), Cholesterol: 19.73mg (6.58%), Sodium: 129.16mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 8.39mg (10.17%), Selenium: 4.35µg (6.21%), Calcium: 59.41mg (5.94%), Phosphorus: 56.85mg (5.69%), Vitamin A: 199.65IU (3.99%), Vitamin B6: 0.07mg (3.32%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.43mg (2.85%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.4mg

(2.65%), Vitamin B1: 0.04mg (2.56%), Vitamin B12: 0.15µg (2.51%), Potassium: 60.68mg (1.73%), Vitamin K: 1.61µg (1.53%), Vitamin B5: 0.13mg (1.34%), Magnesium: 5.16mg (1.29%)