



Cheddar Jalapeno Shrimp

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds bacon thick cut
- ☐ 1 teaspoon garlic powder
- ☐ 3 jalapeño peppers fresh seeded
- ☐ 1 teaspoon old bay seasoning tm to taste
- ☐ 8 ounces sharp cheddar cheese cut into strips
- ☐ 2 pounds shrimp deveined peeled

Equipment

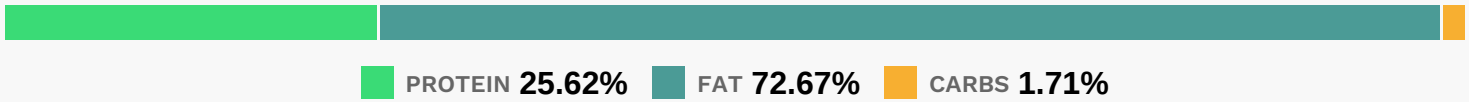
- ☐ toothpicks

- ☐ grill
- ☐ skewers

Directions

- ☐ Cut the jalapeno peppers into thin strips.
- ☐ Place a strip or two of jalapeno pepper and cheddar cheese inside each shrimp.
- ☐ Sprinkle the stuffed shrimp with garlic powder and Old Bay Seasoning TM. Wrap each shrimp with a slice of bacon and secure with a toothpick. Thread shrimp onto skewers.
- ☐ Grill over medium high heat for 10 to 15 minutes, or until firm.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:15.213478008042%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 688.46kcal (34.42%), Fat: 55.27g (85.02%), Saturated Fat: 20.65g (129.06%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.33g (0.36%), Cholesterol: 285.76mg (95.25%), Sodium: 1071.49mg (46.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.84g (87.69%), Phosphorus: 539.15mg (53.92%), Selenium: 30.94µg (44.21%), Calcium: 282.09mg (28.21%), Zinc: 3.92mg (26.16%), Copper: 0.51mg (25.34%), Vitamin B3: 4.65mg (23.27%), Vitamin B1: 0.33mg (21.71%), Vitamin B6: 0.35mg (17.64%), Potassium: 564.93mg (16.14%), Magnesium: 62.59mg (15.65%), Vitamin B12: 0.87µg (14.46%), Vitamin B2: 0.22mg (13.03%), Vitamin A: 389.19IU (7.78%), Vitamin B5: 0.77mg (7.66%), Vitamin C: 6.26mg (7.59%), Iron: 1.22mg (6.79%), Vitamin E: 0.89mg (5.96%), Vitamin D: 0.62µg (4.16%), Manganese: 0.08mg (3.93%), Vitamin K: 3.67µg (3.49%), Folate: 7.89µg (1.97%)