



Cheese and Bacon Jalapeno Rellenos

 Gluten Free

READY IN



30 min.

SERVINGS



18

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices oscar mayer bacon crumbled cooked
- ☐ 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- ☐ 8 ounce philadelphia cream cheese softened
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 18 jalapeño peppers
- ☐ 2 tablespoons onions finely chopped

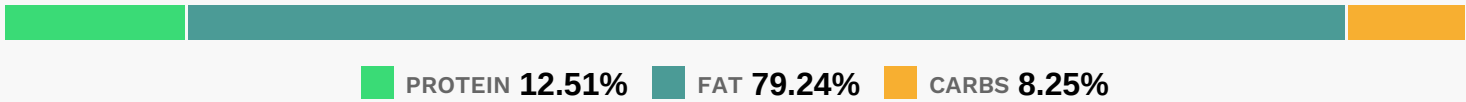
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Combine all ingredients except peppers; spoon into peppers.
- ☐ Place, filled-sides up, on baking sheet.
- ☐ Bake 10 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9.72, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:3.4786956219569%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 94.86kcal (4.74%), Fat: 8.46g (13.02%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.12g (1.24%), Cholesterol: 22.23mg (7.41%), Sodium: 113.5mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Vitamin C: 16.75mg (20.3%), Vitamin A: 387.88IU (7.76%), Calcium: 59.12mg (5.91%), Selenium: 3.93µg (5.61%), Phosphorus: 53.51mg (5.35%), Vitamin E: 0.68mg (4.53%), Vitamin B6: 0.09mg (4.33%), Vitamin B2: 0.07mg (4.18%), Vitamin K: 3.15µg (3%), Zinc: 0.37mg (2.5%), Vitamin B12: 0.12µg (1.98%), Vitamin B3: 0.39mg (1.97%), Potassium: 68.39mg (1.95%), Vitamin B5: 0.17mg (1.72%), Fiber: 0.42g (1.66%), Vitamin B1: 0.02mg (1.65%), Folate: 6.48µg (1.62%), Magnesium: 5.68mg (1.42%), Manganese: 0.02mg (1.03%)