



Cheese & Bacon-Stuffed Jalapeños

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



56 kcal

SIDE DISH

Ingredients

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

Equipment

baking sheet

oven

Directions

Heat oven to 375F.

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



PROTEIN 14.48% **FAT 59.78%** **CARBS 25.74%**

Properties

Glycemic Index:5.1, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:6.0252174650845%

Flavonoids

Luteolin: 3.36mg, Luteolin: 3.36mg, Luteolin: 3.36mg, Luteolin: 3.36mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 55.53kcal (2.78%), Fat: 3.87g (5.95%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.9g (2.11%), Cholesterol: 9.52mg (3.17%), Sodium: 58.12mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin C: 57.49mg (69.69%), Vitamin B6: 0.17mg (8.73%), Vitamin A: 355.59IU (7.11%), Vitamin K: 5.54µg (5.28%), Fiber: 1.23g (4.91%), Manganese: 0.09mg (4.54%), Phosphorus: 40.16mg (4.02%), Potassium: 140.16mg (4%), Calcium: 37.94mg (3.79%), Vitamin B1: 0.05mg (3.42%), Selenium: 2µg (2.85%), Vitamin B2: 0.05mg (2.82%), Copper: 0.05mg (2.54%), Vitamin B3: 0.47mg (2.34%), Vitamin E: 0.34mg (2.26%), Magnesium: 8.95mg (2.24%), Folate: 8.42µg (2.1%), Zinc: 0.29mg (1.91%), Iron: 0.27mg (1.49%), Vitamin B5: 0.13mg (1.26%), Vitamin B12: 0.06µg (1.05%)