



Cheese & jalapeno bites with salsa & mojitos

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 g pack corn tortilla
- ☐ 200 ml pot crème fraîche reduced-fat
- ☐ 85 g strong cheddar grated
- ☐ 1 small handful jalapeño peppers drained finely chopped
- ☐ 20 g pack chive finely chopped
- ☐ 6 servings classic tomato salsa (see tip below)

Equipment

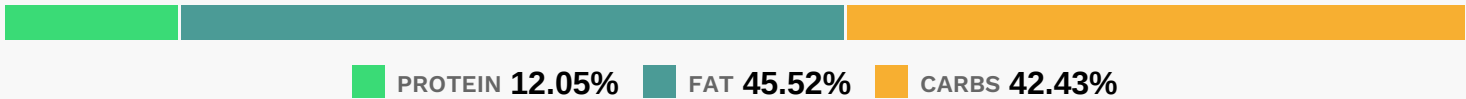
- ☐ baking sheet

- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Cut the tortillas into thirds, like a pie chart, then microwave for 1 min until hot.
- ☐ Roll each piece into a cone shape, then put loose-end down onto a baking sheet so they cant spring open.
- ☐ Bake for 20–25 mins until crisp and golden. Cool. Will keep in an airtight container for 2 days.
- ☐ For the filling, mix the crme frache, cheese, jalapeos and most of the chives together. Up to 10 mins before serving, spoon the filling into the cones and scatter with the rest of the chives.
- ☐ Serve with tomato salsa for dipping.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:9.79, Inflammation Score:-5, Nutrition Score:8.353913133559%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 241.29kcal (12.06%), Fat: 12.61g (19.41%), Saturated Fat: 6.23g (38.94%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 22.64g (8.23%), Sugar: 2.88g (3.2%), Cholesterol: 33.29mg (11.1%), Sodium: 335.22mg (14.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.03%), Phosphorus: 258.73mg (25.87%), Calcium: 185.43mg (18.54%), Fiber: 3.81g (15.26%), Vitamin A: 645.33IU (12.91%), Magnesium: 49.29mg (12.32%), Selenium: 8.58µg (12.25%), Manganese: 0.22mg (10.84%), Vitamin B6: 0.19mg (9.71%), Vitamin B2: 0.16mg (9.62%), Zinc: 1.36mg (9.1%), Vitamin K: 9.3µg (8.86%), Potassium: 237.25mg (6.78%), Vitamin B3: 1.17mg (5.85%), Copper: 0.11mg (5.68%), Vitamin E: 0.77mg (5.15%), Vitamin B1: 0.07mg (4.76%), Iron: 0.85mg (4.71%), Vitamin C: 3.03mg (3.68%), Vitamin B12: 0.22µg (3.64%), Folate: 12.24µg (3.06%), Vitamin B5: 0.3mg (2.98%)