



Cheese-Stuffed Jalapenos

 Vegetarian  Gluten Free  Very Healthy

READY IN



40 min.

SERVINGS



9

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups oatmeal cornflakes crushed
- 8 ounces weight cream cheese fat-free cubed
- 2 egg whites
- 0.3 cup mayonnaise fat-free
- 1 tablespoon skim milk fat-free
- 1 garlic clove minced
- 18 jalapeno halved lengthwise seeded (3 inches long)
- 4 ounces cheddar cheese shredded reduced-fat

0.5 teaspoon oregano dried

Equipment

bowl

baking sheet

oven

whisk

Directions

In a small bowl, combine the first five ingredients; beat until blended. Spoon into pepper halves, packing tightly.

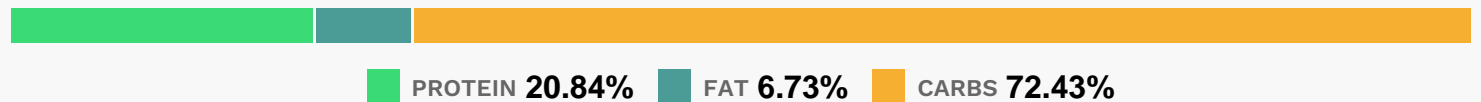
In a shallow bowl, whisk egg whites and milk.

Place cornflakes in another shallow bowl. Dip peppers into egg mixture, then coat with cornflakes.

Place on a baking sheet coated with cooking spray.

Bake at 350° for 30 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:11.14, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:21.51521730423%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 207.36kcal (10.37%), Fat: 1.59g (2.44%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 36.2g (13.16%), Sugar: 7.15g (7.94%), Cholesterol: 6.3mg (2.1%), Sodium: 604.7mg (26.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.13%), Iron: 11.63mg (64.59%), Vitamin C: 41.6mg (50.42%), Vitamin B2: 0.75mg (43.93%), Vitamin B6: 0.85mg (42.4%), Folate: 159.11µg (39.78%), Vitamin B12: 2.29µg (38.14%), Vitamin B3: 7.5mg (37.49%), Vitamin B1: 0.55mg (36.88%), Phosphorus: 244.06mg (24.41%), Vitamin A: 1050.84IU (21.02%), Calcium: 151.5mg (15.15%), Selenium: 7.88µg (11.26%), Vitamin D: 1.45µg (9.67%), Fiber: 2.26g

(9.05%), Vitamin E: 1.09mg (7.24%), Vitamin K: 7.59µg (7.23%), Magnesium: 28.58mg (7.15%), Zinc: 1.06mg (7.07%), Potassium: 233.59mg (6.67%), Manganese: 0.11mg (5.59%), Copper: 0.11mg (5.36%), Vitamin B5: 0.43mg (4.35%)