



Cherry Pepper Poppers

 Gluten Free

READY IN



85 min.

SERVINGS



12

CALORIES



148 kcal

SIDE DISH

Ingredients

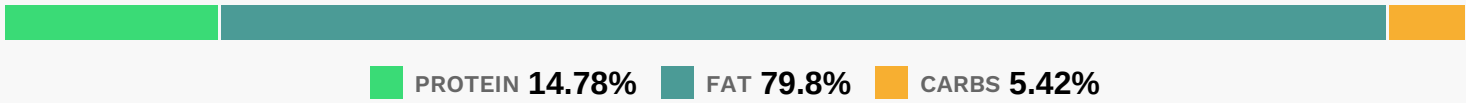
- ☐ 12 cherry peppers fresh
- ☐ 1 cup olive oil extra virgin
- ☐ 6 ounces pancetta thinly sliced
- ☐ 6 ounces sharp provolone cheese cubed
- ☐ 1 teaspoon salt

Equipment

Directions

- ☐ Slice the tops off of the cherry peppers and carefully remove the seeds, keeping peppers whole. Wrap a cube of cheese with prosciutto, and stuff into a pepper. If there is still room inside the pepper, stuff in more prosciutto. Repeat with remaining peppers.
- ☐ Place all of the stuffed peppers into a 1 quart jar – or one that your peppers will all fit into, and sprinkle salt over them.
- ☐ Pour in enough olive oil to cover the peppers. Cover, and let stand for 1 hour before eating. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.8769565257041%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 148.19kcal (7.41%), Fat: 13g (19.99%), Saturated Fat: 4.81g (30.03%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.08g (0.09%), Cholesterol: 19.14mg (6.38%), Sodium: 649.5mg (28.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Calcium: 108.03mg (10.8%), Phosphorus: 90.72mg (9.07%), Selenium: 4.91µg (7.01%), Vitamin B12: 0.28µg (4.63%), Zinc: 0.63mg (4.17%), Vitamin E: 0.61mg (4.08%), Vitamin B2: 0.06mg (3.35%), Fiber: 0.75g (3%), Vitamin B3: 0.59mg (2.96%), Vitamin B1: 0.04mg (2.79%), Vitamin A: 129.98IU (2.6%), Vitamin B6: 0.05mg (2.4%), Vitamin K: 2.48µg (2.36%), Vitamin B5: 0.15mg (1.46%), Magnesium: 5.67mg (1.42%), Potassium: 47.7mg (1.36%)