



Chili-Stuffed Jalapeño Peppers

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



34 kcal

SIDE DISH

Ingredients

- 0.5 lb ground beef lean cooked drained
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 12 jalapeño peppers seeded
- 2 Tbsp raisins
- 1 cup cheddar cheese shredded divided kraft
- 2 Tbsp planters slivered almonds
- 0.5 cup tomatoes chopped

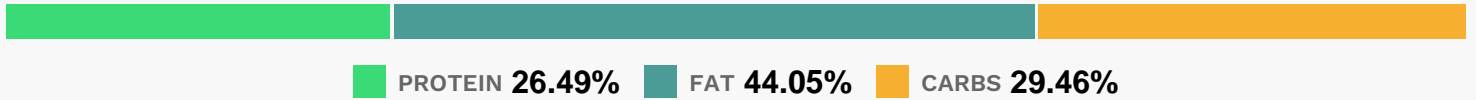
Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 350F.
- Heat dressing in medium saucepan on medium-high heat.
- Add meat, tomatoes, nuts and raisins; stir. Cook 3 to 5 min. or until heated through, stirring occasionally; drain. Return meat mixture to pan; stir in 1/4 cup cheese.
- Place peppers on foil-covered baking sheet; fill with meat mixture.
- Bake 10 min.
- Sprinkle with remaining cheese; bake 3 to 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:3.7778261342774%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 33.65kcal (1.68%), Fat: 1.72g (2.64%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.02g (1.13%), Cholesterol: 6.34mg (2.11%), Sodium: 30.9mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin C: 29mg (35.15%), Vitamin B6: 0.11mg (5.41%), Vitamin A: 176.18IU (3.52%), Phosphorus: 34.83mg (3.48%), Vitamin K: 3.29µg (3.13%), Zinc: 0.46mg (3.06%),

Manganese: 0.06mg (3.01%), Fiber: 0.74g (2.97%), Potassium: 99.15mg (2.83%), Vitamin B12: 0.16µg (2.62%), Selenium: 1.83µg (2.61%), Vitamin B3: 0.52mg (2.61%), Calcium: 25.89mg (2.59%), Vitamin B2: 0.04mg (2.29%), Vitamin E: 0.32mg (2.16%), Copper: 0.04mg (1.88%), Magnesium: 7.4mg (1.85%), Vitamin B1: 0.03mg (1.75%), Iron: 0.31mg (1.7%), Folate: 4.97µg (1.24%)