



Crab-Stuffed Jalapenos

 Gluten Free

READY IN



65 min.

SERVINGS



24

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 large jalapeno
- 6 ounces weight cream cheese fat-free
- 2 teaspoons worcestershire sauce
- 0.3 teaspoon garlic powder
- 8 ounces imitation crab chopped
- 0.3 cup cheddar cheese shredded reduced-fat
- 12 bacon halved

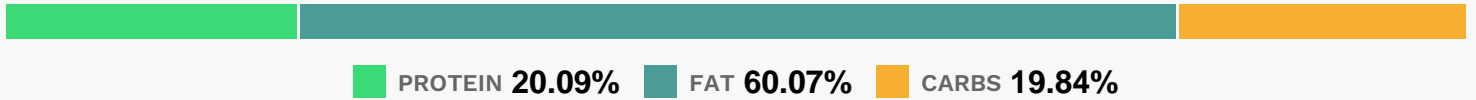
Equipment

- bowl
- baking sheet
- oven
- toothpicks
- ziploc bags

Directions

- Cut stems off jalapenos; remove seeds and membranes; set aside. In a small bowl, beat the cream cheese, Worcestershire sauce and garlic powder until blended. Stir in crab and cheese.
- Transfer to a resealable plastic bag; cut a small hole in a corner of the bag. Pipe filling into jalapenos. Wrap each with a piece of bacon; secure with toothpicks.
- Place on an ungreased baking sheet.
- Bake at 350° for 40–50 minutes or until peppers are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:1.54, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.1069565000741%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 69.25kcal (3.46%), Fat: 4.57g (7.03%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.9g (1.05%), Sugar: 1.33g (1.48%), Cholesterol: 9.4mg (3.13%), Sodium: 189.82mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin C: 16.67mg (20.21%), Phosphorus: 62.67mg (6.27%), Vitamin B6: 0.09mg (4.63%), Selenium: 2.79µg (3.99%), Vitamin E: 0.55mg (3.67%), Calcium: 32.55mg (3.26%), Vitamin A: 161.58IU (3.23%), Vitamin B3: 0.64mg (3.21%), Vitamin B1: 0.04mg (2.63%), Vitamin K: 2.62µg (2.49%), Vitamin B2: 0.04mg (2.4%), Potassium: 81.35mg (2.32%), Vitamin B12: 0.13µg (2.13%), Fiber: 0.5g (2%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.17mg (1.67%), Folate: 6.44µg (1.61%), Magnesium: 5.26mg (1.31%)