



Crescent Jalapeño Poppers

♥♥ Popular

READY IN



40 min.

SERVINGS



16

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices bacon halved (from 2.2-oz package)
- ☐ 0.3 cup philadelphia cheese and herb cooking creme with garlic and herbs (from 5.2-oz container)
- ☐ 4 jalapeno (3 inches long)
- ☐ 8 oz regular crescent rolls refrigerated canned
- ☐ 0.5 cup pineapple

Equipment

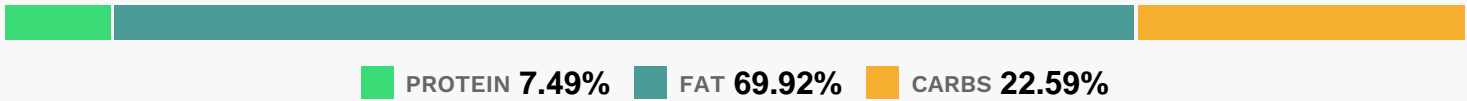
- ☐ baking sheet
- ☐ oven

☐ cutting board

Directions

- ☐ Heat oven to 375F. Carefully remove stems from chiles; cut each in half lengthwise and again horizontally to make 4 pieces.
- ☐ Remove and discard seeds. Spoon about 1 teaspoon cheese into each chile quarter. Wrap half slice of bacon around each.
- ☐ On cutting board, unroll dough; separate dough into 8 triangles. From center of longest side to opposite point, cut each triangle in half, making 16 triangles.
- ☐ Place chile, cheese side down, on dough triangle. Fold 1 point of triangle over filling; fold 2 remaining points over first point.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 12 to 15 minutes or until golden brown. Immediately remove from cookie sheet.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:1.554347841636%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 119.47kcal (5.97%), Fat: 9.47g (14.57%), Saturated Fat: 4.1g (25.63%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.71g (2.44%), Sugar: 2.24g (2.49%), Cholesterol: 12.36mg (4.12%), Sodium: 214.84mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin C: 6.62mg (8.02%), Selenium: 2.23µg (3.19%), Manganese: 0.05mg (2.62%), Vitamin B3: 0.51mg (2.57%), Vitamin B6: 0.05mg (2.49%), Vitamin B1: 0.04mg (2.39%), Vitamin A: 95.76IU (1.92%), Phosphorus: 17.16mg (1.72%), Iron: 0.25mg (1.37%), Vitamin E: 0.17mg (1.16%), Potassium: 36.08mg (1.03%)