



## Firehouse Jalapenos

 Gluten Free

READY IN



50 min.

SERVINGS



60

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pound bacon cut in half
- 0.5 cup barbecue sauce
- 8 ounce cream cheese softened
- 30 jalapeno halved seeded
- 30 small andouille smoked smokies® (such as Lit'l)

## Equipment

- baking sheet
- oven

toothpicks

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Fill the jalapeno pepper halves with softened cream cheese, then place a smoked sausage into each pepper on top of the cheese. Wrap each piece with a half strip of bacon and secure with a toothpick.

Place the peppers onto a baking sheet and brush with the barbeque sauce.

Bake in the preheated oven until the bacon is crispy, about 30 minutes.

## Nutrition Facts

 **PROTEIN 14.15%**  **FAT 79.43%**  **CARBS 6.42%**

## Properties

Glycemic Index:0.98, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:3.7739129921664%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 150.21kcal (7.51%), Fat: 13.11g (20.16%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.22g (1.36%), Cholesterol: 32.24mg (10.75%), Sodium: 366.51mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Vitamin C: 8.32mg (10.08%), Vitamin B12: 0.54µg (9.07%), Selenium: 6.23µg (8.9%), Vitamin B1: 0.11mg (7.39%), Vitamin B3: 1.48mg (7.38%), Vitamin B6: 0.11mg (5.47%), Zinc: 0.82mg (5.46%), Phosphorus: 52.54mg (5.25%), Vitamin B2: 0.08mg (4.54%), Potassium: 105.22mg (3.01%), Vitamin A: 134.36IU (2.69%), Vitamin D: 0.39µg (2.62%), Vitamin B5: 0.23mg (2.35%), Vitamin E: 0.33mg (2.23%), Iron: 0.4mg (2.21%), Magnesium: 6.57mg (1.64%), Copper: 0.03mg (1.43%), Vitamin K: 1.42µg (1.35%), Manganese: 0.02mg (1.16%)