



Four Cheese Stuffed Jalapenos

 **Gluten Free**  **Popular**

READY IN



25 min.

SERVINGS



4

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon cayenne pepper
- 0.3 teaspoon chili powder
- 8 ounce cream cheese softened
- 0.3 cup feta cheese crumbled
- 2 cloves garlic minced
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 8 jalapeño peppers halved lengthwise seeded

- 0.3 cup parmesan cheese grated
- 1 teaspoon salt
- 0.3 cup cheddar cheese shredded

Equipment

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

Directions

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- Add jalapeno peppers, cover, and steam until slightly tender, about 5 minutes.
- Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil.
- Mix cream cheese with Parmesan, Cheddar, and feta cheeses, garlic, salt, black pepper, cayenne pepper, chili powder, and garlic powder in a bowl.
- Arrange jalapeno peppers on prepared baking sheet. Spoon cheese mixture into each pepper.
- Bake in the preheated oven until cheese is melted and bubbling, about 10 minutes.

Nutrition Facts

 **PROTEIN 11.82%**  **FAT 78.48%**  **CARBS 9.7%**

Properties

Glycemic Index:53, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:9.6891303943551%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 290.77kcal (14.54%), Fat: 25.83g (39.74%), Saturated Fat: 15.06g (94.14%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.21g (2.26%), Sugar: 3.36g (3.73%), Cholesterol: 78.11mg (26.04%), Sodium: 1025.19mg (44.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.51%), Vitamin C: 33.77mg (40.94%), Vitamin A: 1318.28IU (26.37%), Calcium: 214.69mg (21.47%), Phosphorus: 175.72mg (17.57%), Vitamin B2: 0.29mg (16.85%), Selenium: 10.89µg (15.56%), Vitamin B6: 0.23mg (11.34%), Vitamin E: 1.68mg (11.21%), Zinc: 1.16mg (7.72%), Vitamin B12: 0.44µg (7.37%), Vitamin K: 7.48µg (7.13%), Vitamin B5: 0.57mg (5.66%), Manganese: 0.11mg (5.35%), Potassium: 183.68mg (5.25%), Folate: 17.86µg (4.47%), Magnesium: 16.52mg (4.13%), Fiber: 0.97g (3.89%), Vitamin B1: 0.05mg (3.15%), Vitamin B3: 0.55mg (2.76%), Copper: 0.04mg (2.09%), Iron: 0.33mg (1.83%)