



## Grilled Bacon Jalapeno Wraps

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

### Ingredients

- 12 slices bacon
- 8 ounce cream cheese
- 6 jalapeno fresh halved lengthwise seeded

### Equipment

- toothpicks
- grill

## Directions

- Preheat an outdoor grill for high heat.
- Spread cream cheese to fill jalapeno halves. Wrap with bacon. Secure with a toothpick.
- Place on the grill, and cook until bacon is crispy.

## Nutrition Facts

**PROTEIN 9.98%** **FAT 85.59%** **CARBS 4.43%**

## Properties

Glycemic Index:9.83, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:6.2439130441002%

## 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: 319.84kcal (15.99%), Fat: 30.52g (46.95%), Saturated Fat: 13.5g (84.37%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.17g (1.15%), Sugar: 2g (2.22%), Cholesterol: 67.22mg (22.41%), Sodium: 410.39mg (17.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (16.01%), Vitamin C: 16.6mg (20.13%), Selenium: 12.15µg (17.36%), Vitamin A: 674.85IU (13.5%), Phosphorus: 107.45mg (10.74%), Vitamin B3: 1.98mg (9.92%), Vitamin B6: 0.2mg (9.84%), Vitamin B1: 0.14mg (9.05%), Vitamin B2: 0.13mg (7.79%), Vitamin E: 1.02mg (6.77%), Vitamin B12: 0.3µg (5.05%), Vitamin B5: 0.5mg (5.04%), Potassium: 171.74mg (4.91%), Zinc: 0.73mg (4.85%), Calcium: 40.55mg (4.05%), Vitamin K: 3.38µg (3.22%), Magnesium: 10.78mg (2.7%), Folate: 7.18µg (1.8%), Copper: 0.03mg (1.59%), Fiber: 0.39g (1.57%), Iron: 0.26mg (1.43%), Vitamin D: 0.18µg (1.17%), Manganese: 0.02mg (1.13%)