



## Grilled Stuffed Jalapeños

 Gluten Free

READY IN



40 min.

SERVINGS



14

CALORIES



64 kcal

SIDE DISH

### Ingredients

- 0.5 cup weight cream cheese fat-free softened
- 0.5 cup cream cheese softened
- 2 tablespoons cilantro leaves fresh chopped
- 1 small garlic clove minced
- 0.3 cup spring onion minced
- 14 jalapeno halved lengthwise seeded
- 0.3 teaspoon kosher salt
- 1 teaspoon juice of lime fresh

- 0.3 cup cheddar cheese shredded extra-sharp
- 2 slices bacon
- 2 tablespoons tomatoes seeded chopped

## Equipment

- bowl
- frying pan
- paper towels
- grill

## Directions

- Preheat grill to medium-high heat.
- Cook bacon in a skillet over medium heat until crisp.
- Remove bacon from pan; drain on paper towels. Crumble bacon.
- Combine crumbled bacon, cheeses, and next 4 ingredients (through garlic) in a bowl, stirring well to combine. Divide cheese mixture evenly to fill the pepper halves.
- Place peppers, cheese sides up, on grill rack or grill grate coated with cooking spray. Cover and grill peppers 8 minutes or until bottoms of peppers are charred and cheese mixture is lightly browned.
- Place peppers on a serving platter.
- Sprinkle with cilantro and tomato.

## Nutrition Facts



**PROTEIN 17.5%** **FAT 67.75%** **CARBS 14.75%**

## Properties

Glycemic Index:15.57, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:3.5891304469627%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## **Nutrients (% of daily need)**

Calories: 63.62kcal (3.18%), Fat: 4.86g (7.48%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.44g (1.6%), Cholesterol: 13.25mg (4.42%), Sodium: 158.53mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin C: 17.42mg (21.11%), Phosphorus: 69.87mg (6.99%), Vitamin K: 6.87µg (6.54%), Vitamin A: 324.91IU (6.5%), Calcium: 54.3mg (5.43%), Vitamin E: 0.62mg (4.17%), Vitamin B6: 0.08mg (4.13%), Vitamin B2: 0.06mg (3.73%), Selenium: 2.39µg (3.42%), Potassium: 87.15mg (2.49%), Folate: 9.3µg (2.32%), Vitamin B12: 0.13µg (2.19%), Zinc: 0.31mg (2.04%), Vitamin B5: 0.19mg (1.89%), Fiber: 0.47g (1.89%), Vitamin B3: 0.36mg (1.79%), Magnesium: 6.21mg (1.55%), Vitamin B1: 0.02mg (1.48%), Manganese: 0.03mg (1.28%)