



Grilled Stuffed Peppers

READY IN



25 min.

SERVINGS



25

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 bacon
- 8 oz alouette garlic & herbs spreadable cheese
- 24 inch bread
- 2 pt pasilla peppers sweet miniature

Equipment

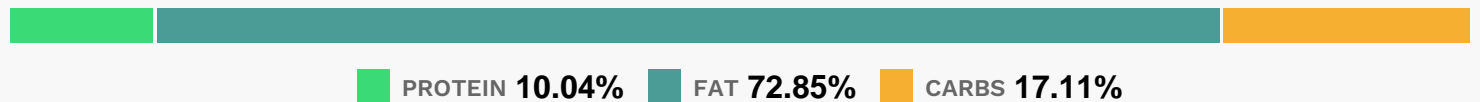
- loaf pan
- grill
- ziploc bags

microwave

Directions

- Preheat grill to 350 to 400 (medium-high).
- Cut 1/2 inch from stem end of each pepper.
- Remove and discard seeds and membranes.
- Cut bacon slices in half crosswise. Microwave, in 2 batches, at HIGH 90 seconds or until bacon is partially cooked.
- Spoon cheese into a 1-qt. zip-top plastic bag. (Do not seal.) Snip 1 corner of bag to make a small hole. Pipe cheese into cavity of each pepper, filling almost full.
- Place 1 bacon half over cut side of each pepper, securing with a wooden pick.
- Carefully cut 3 (1-inch) holes in bottom of each loaf pan. Turn pans upside down; place peppers, cut sides up, in holes in pans.
- Grill peppers, in pans, covered with grill lid, over 350 to 400 (medium-high) heat 6 to 8 minutes or until bottoms of peppers are charred and bacon is crisp.
- Note: To make ahead, prepare recipe as directed through Step Cover and chill peppers 4 hours. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:3.62, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:3.6834782400857%

Flavonoids

Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 89.79kcal (4.49%), Fat: 7.47g (11.49%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.02g (1.13%), Cholesterol: 16.83mg (5.61%), Sodium: 135.03mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin C: 30.43mg (36.89%), Vitamin B6: 0.12mg (5.77%), Vitamin B1: 0.07mg (4.54%), Selenium: 2.82µg (4.03%), Vitamin B3: 0.72mg (3.62%), Manganese:

0.06mg (3.01%), Vitamin A: 143.97IU (2.88%), Fiber: 0.7g (2.79%), Vitamin K: 2.82µg (2.68%), Potassium: 90.01mg (2.57%), Phosphorus: 25.34mg (2.53%), Vitamin B2: 0.03mg (1.74%), Folate: 6.78µg (1.7%), Copper: 0.03mg (1.66%), Iron: 0.27mg (1.49%), Magnesium: 5.83mg (1.46%), Zinc: 0.2mg (1.33%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.1mg (1.04%)