



Italian Stuffed Jalapenos

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



877 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon canola oil
- 2 cups cream cheese
- 3 tablespoons garlic minced
- 0.3 cup parmesan grated plus more for garnish
- 0.3 cup bell pepper red minced
- 15 jalapeños red deveined seeded cut in 1/2, and
- 0.3 cup onion red minced
- 6 servings salt and pepper

- 2 pounds mild sausage italian
- 0.5 cup mozzarella cheese shredded

Equipment

- bowl
- frying pan
- oven
- broiler

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F and set a rack in the middle of the oven.
- Place jalapenos on a sheet tray and roast for 10 minutes.
- Remove from the oven and let cool. Turn broiler on medium.
- Heat the oil in a medium saute pan.
- Add the sausage and cook for 5 to 7 minutes.
- Add the onions, peppers, and garlic and cook to soften for about 5 minutes.
- Remove and place in a large bowl. Cool to room temperature, then add mascarpone, and Parmesan.
- Mix ingredients thoroughly and season with salt and pepper.
- Place approximately 1 tablespoon of mixture into each jalapeno half, and top with 1/2 teaspoon of mozzarella cheese.
- Place the sheet tray of stuffed peppers in oven and broil until mozzarella cheese melts.

Nutrition Facts

  
 PROTEIN **14.02%**  FAT **81.01%**  CARBS **4.97%**

Properties

Glycemic Index:40.5, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:24.143478015195%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 877.18kcal (43.86%), Fat: 79.09g (121.68%), Saturated Fat: 34.43g (215.2%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.05g (3.65%), Sugar: 5.41g (6.01%), Cholesterol: 201.54mg (67.18%), Sodium: 1666.25mg (72.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.8g (61.6%), Vitamin C: 63.01mg (76.37%), Selenium: 47.31µg (67.59%), Vitamin B1: 0.92mg (61.35%), Phosphorus: 382.34mg (38.23%), Vitamin B6: 0.76mg (37.8%), Vitamin A: 1639.91IU (32.8%), Vitamin B12: 1.81µg (30.09%), Vitamin B2: 0.51mg (29.99%), Vitamin B3: 5.54mg (27.68%), Zinc: 3.64mg (24.24%), Calcium: 211.31mg (21.13%), Potassium: 644.95mg (18.43%), Vitamin B5: 1.36mg (13.57%), Iron: 2.41mg (13.41%), Manganese: 0.25mg (12.4%), Magnesium: 42.14mg (10.54%), Copper: 0.2mg (9.89%), Vitamin E: 1.43mg (9.53%), Vitamin K: 8.84µg (8.42%), Folate: 32.14µg (8.04%), Fiber: 0.85g (3.41%)