



Jalapeno Cheese Squares

READY IN



55 min.

SERVINGS



15

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 eggs beaten
- ☐ 1 cup evaporated milk
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup green onions chopped
- ☐ 4 jalapeño peppers diced seeded
- ☐ 0.3 cup butter melted
- ☐ 2 cups cheddar cheese shredded
- ☐ 0.8 cup water

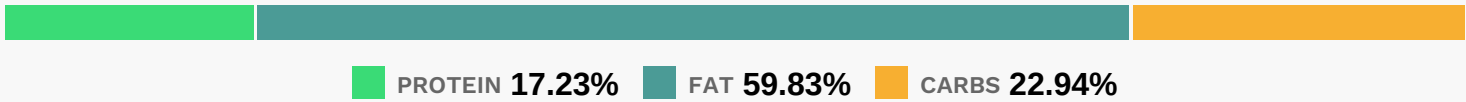
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a medium bowl, mix the evaporated milk, water, eggs, Cheddar cheese, flour, baking powder, margarine, green onions and jalapeno peppers.
- ☐ Spread mixture evenly into the baking dish.
- ☐ Bake in the preheated oven 30 to 35 minutes, or until lightly browned. Cool, cut into 1 inch squares and serve.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:4.84, Inflammation Score:-4, Nutrition Score:5.6543478291968%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 156.03kcal (7.8%), Fat: 10.37g (15.96%), Saturated Fat: 4.59g (28.68%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.58g (3.12%), Sugar: 1.98g (2.2%), Cholesterol: 52.67mg (17.56%), Sodium: 193.92mg (8.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.45%), Calcium: 175.35mg (17.54%), Selenium: 10.2µg (14.57%), Phosphorus: 137.83mg (13.78%), Vitamin B2: 0.21mg (12.13%), Vitamin A: 430.83IU (8.62%), Folate: 26.01µg (6.5%), Vitamin C: 5.07mg (6.14%), Zinc: 0.87mg (5.78%), Vitamin B1: 0.08mg (5.6%), Vitamin B12: 0.27µg (4.48%), Vitamin K: 4.65µg (4.43%), Iron: 0.66mg (3.67%), Vitamin B5: 0.36mg (3.57%), Manganese: 0.07mg (3.41%), Vitamin E: 0.5mg (3.32%), Magnesium: 12.19mg (3.05%), Vitamin B3: 0.6mg (2.98%), Potassium: 99.07mg (2.83%), Vitamin B6: 0.05mg (2.72%), Vitamin D: 0.28µg (1.89%), Copper: 0.03mg (1.55%), Fiber: 0.37g (1.49%)