



Jalapeno Cocktail Squares

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



80

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 eggs beaten
- 2 jalapeño peppers minced seeded
- 4 cups cheddar cheese shredded

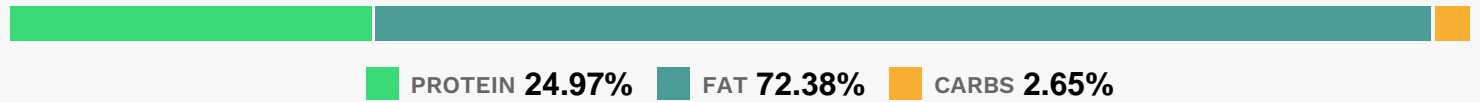
Equipment

- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Sprinkle chopped chile peppers in a well greased 9x9 inch square baking dish. Cover with cheese, then pour beaten eggs over all.
- Bake in the preheated oven for 30 minutes or until firm.
- Remove from oven, and cool completely.
- Cut into 1/2x1 inch squares. Stick a toothpick into each square, and place on a large serving plate.

Nutrition Facts



Properties

Glycemic Index:0.74, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.0430434642603%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 27.87kcal (1.39%), Fat: 2.24g (3.44%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.05g (0.05%), Cholesterol: 17.93mg (5.98%), Sodium: 41.65mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Calcium: 41.84mg (4.18%), Selenium: 2.61µg (3.73%), Phosphorus: 32.5mg (3.25%), Vitamin B2: 0.04mg (2.37%), Zinc: 0.25mg (1.67%), Vitamin A: 78.21IU (1.56%), Vitamin B12: 0.09µg (1.49%)