



Jalapeno Cucarachas

 Gluten Free

READY IN



17 min.

SERVINGS



12

CALORIES



106 kcal

SIDE DISH

Ingredients

- 6 ounces monterrey jack cheese cubed
- 12 small habanero peppers
- 1 cup genoa salami hard thinly sliced
- 12 servings wooden toothpicks
- 12 servings wooden toothpicks

Equipment

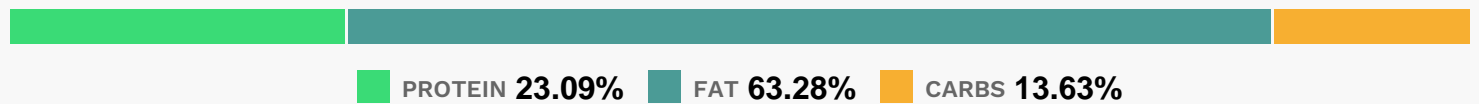
- knife
- toothpicks

grill

Directions

- Slice off the stem ends of the jalapeno peppers, and carefully remove the seeds and white fibers with a small knife. Fill the pepper with cheese. Take one piece of salami, and cover the open end of the pepper with it. Fold it around, and secure with three toothpicks in a row (like the legs of an insect). The salami should keep the cheese from leaking out when grilling.
- Preheat on outdoor grill for high heat, and lightly oil the grate.
- Place the peppers legs side up on the hot grill. Turn occasionally after a minute or two as the meat begins to crisp up, and the skin on the peppers is starting to blister. When it is evenly browned the toothpicks will have turned black like six little legs sticking out - hence the name cucarachas. Allow the peppers to cool slightly, then remove toothpicks and enjoy!

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:8.1786957849627%

Flavonoids

Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 106kcal (5.3%), Fat: 7.6g (11.69%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.85g (2.05%), Cholesterol: 20.05mg (6.68%), Sodium: 300.09mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.47%), Vitamin C: 59.5mg (72.12%), Calcium: 114.37mg (11.44%), Vitamin B6: 0.23mg (11.44%), Phosphorus: 99.3mg (9.93%), Vitamin B1: 0.13mg (8.79%), Vitamin A: 382.8IU (7.66%), Vitamin B12: 0.38µg (6.36%), Selenium: 4.45µg (6.35%), Vitamin B2: 0.11mg (6.3%), Zinc: 0.92mg (6.11%), Vitamin K: 5.83µg (5.55%), Potassium: 176.58mg (5.05%), Fiber: 1.26g (5.03%), Manganese: 0.1mg (4.92%), Vitamin B3: 0.9mg (4.48%), Copper: 0.07mg (3.42%), Magnesium: 13.3mg (3.32%), Iron: 0.48mg (2.64%), Folate: 10.14µg (2.53%), Vitamin E: 0.31mg (2.07%), Vitamin B5: 0.2mg (2.03%)