



Jalapeno Fudge



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



272 kcal

Ingredients

- ☐ 6 eggs
- ☐ 4 ounce jalapeño peppers diced canned
- ☐ 1.3 pounds cheddar cheese shredded

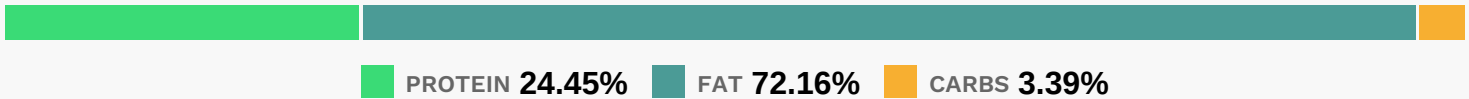
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Butter a 9x12-inch baking dish.
- ☐ Beat eggs together in a bowl; stir Cheddar cheese and jalapeno peppers into the eggs.
- ☐ Pour mixture into the prepared baking dish.
- ☐ Bake in the preheated oven until cheese is bubbling and lightly browned, 20 to 25 minutes. Cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:10.823478252991%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 272.37kcal (13.62%), Fat: 21.83g (33.59%), Saturated Fat: 11.72g (73.27%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.99g (0.72%), Sugar: 0.75g (0.84%), Cholesterol: 154.91mg (51.64%), Sodium: 408.64mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Calcium: 417.01mg (41.7%), Selenium: 24.2µg (34.57%), Phosphorus: 314.9mg (31.49%), Vitamin B2: 0.38mg (22.27%), Vitamin A: 832.93IU (16.66%), Vitamin C: 13.45mg (16.3%), Zinc: 2.44mg (16.25%), Vitamin B12: 0.84µg (13.93%), Vitamin E: 1.11mg (7.39%), Folate: 27.38µg (6.84%), Vitamin B5: 0.67mg (6.75%), Vitamin B6: 0.13mg (6.58%), Vitamin D: 0.87µg (5.79%), Magnesium: 20.18mg (5.04%), Vitamin K: 3.54µg (3.37%), Iron: 0.58mg (3.23%), Potassium: 108.21mg (3.09%), Copper: 0.04mg (2.15%), Vitamin B1: 0.03mg (2.1%), Fiber: 0.32g (1.27%), Manganese: 0.02mg (1.2%)