



## Jalapeno Pepper Appetizers

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

### Ingredients

- 10 bacon halved
- 4 ounces cream cheese softened
- 10 medium jalapeno fresh

### Equipment

- oven
- toothpicks
- broiler

## Directions

- Cut peppers in half lengthwise; remove seeds, stems and center membrane. Stuff each half with about 2 teaspoons of cream cheese. Wrap with bacon and secure with toothpick.
- Place on a broiler rack that has been coated with cooking spray.
- Bake at 350° for 20–25 minutes or until bacon is crisp.
- Remove toothpicks.
- Serve immediately.

## Nutrition Facts

**PROTEIN 10.6%** **FAT 84.04%** **CARBS 5.36%**

## Properties

Glycemic Index:9.83, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:6.0613043411918%

## Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 225.82kcal (11.29%), Fat: 21.14g (32.52%), Saturated Fat: 8.71g (54.47%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.38g (0.86%), Sugar: 1.67g (1.86%), Cholesterol: 43.29mg (14.43%), Sodium: 302.78mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin C: 27.67mg (33.54%), Selenium: 9.09µg (12.98%), Vitamin A: 518.92IU (10.38%), Vitamin B6: 0.21mg (10.29%), Vitamin B3: 1.79mg (8.95%), Phosphorus: 79.09mg (7.91%), Vitamin E: 1.16mg (7.7%), Vitamin B1: 0.11mg (7.66%), Vitamin B2: 0.09mg (5.26%), Vitamin K: 4.71µg (4.49%), Potassium: 155.41mg (4.44%), Vitamin B5: 0.38mg (3.85%), Vitamin B12: 0.22µg (3.75%), Zinc: 0.56mg (3.73%), Fiber: 0.65g (2.61%), Magnesium: 9.6mg (2.4%), Calcium: 22.97mg (2.3%), Folate: 8µg (2%), Copper: 0.03mg (1.48%), Manganese: 0.03mg (1.44%), Iron: 0.23mg (1.27%)