



## Jalapeno Popper Cups

READY IN



30 min.

SERVINGS



12

CALORIES



1405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 servings bacon bits
- 4 ounces cream cheese softened
- 2 jalapeno seeded chopped
- 1 tablespoon hot sauce hot
- 0.5 cup cheddar cheese shredded
- 12 phyllo tart shells mini

### Equipment

- bowl

baking sheet

oven

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place phyllo cups onto a baking sheet.

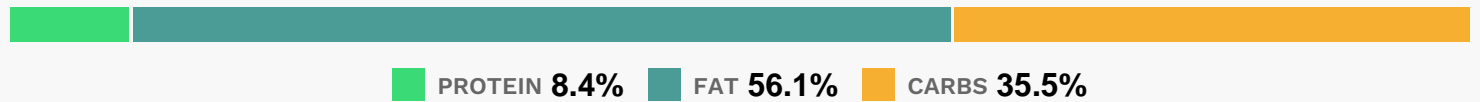
Stir together cream cheese, Cheddar cheese, jalapenos, and hot sauce in a bowl. Spoon mixture into phyllo cups.

Sprinkle bacon bits on top.

Bake in preheated oven until golden brown, about 15 to 20 minutes.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:7.17, Glycemic Load:0.2, Inflammation Score:1, Nutrition Score:8.1960869574029%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 1404.92kcal (70.25%), Fat: 85.98g (132.27%), Saturated Fat: 36.56g (228.51%), Carbohydrates: 122.39g (40.8%), Net Carbohydrates: 108.75g (39.54%), Sugar: 13.95g (15.5%), Cholesterol: 82.17mg (27.39%), Sodium: 916.25mg (39.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.93%), Iron: 26.52mg (147.36%), Fiber: 13.64g (54.57%), Calcium: 43.83mg (4.38%), Vitamin C: 3.6mg (4.36%), Vitamin A: 201IU (4.02%), Phosphorus: 34.57mg (3.46%), Selenium: 2.23µg (3.18%), Vitamin B2: 0.05mg (2.69%), Vitamin E: 0.27mg (1.8%), Zinc: 0.24mg (1.62%), Vitamin B12: 0.08µg (1.38%), Vitamin B6: 0.02mg (1.04%)