Jalapeño Poppers

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	12	260 kcal

SIDE DISH

Ingredients

- [ ] 1 cup coarsely cheddar grated
- [ ] 1 cup bread crumbs plain dry fine
- [ ] 3 large eggs
- [ ] 1 teaspoon hot sauce
- [ ] 12 jalapeños fresh
- [ ] 1 cup coarsely monterey jack grated
- [ ] 2 teaspoons oregano dried
- [ ] 4 cups vegetable oil

Equipment

- [ ] bowl
- [ ] paper towels
- [ ] sauce pan
- [ ] knife

Directions

- [ ] Cut a lengthwise slit from stem to bottom of each chile. Make a crosswise incision at stem end, forming a T.
- [ ] Pry open enough to hold back long cuts (to expose ribs and seeds), then devein and seed using tip of a paring knife and kitchen shears.
- [ ] Stir together cheeses, hot sauce, 1/4 teaspoon pepper, and 3/4 teaspoon salt.
- [ ] Fill chiles with cheese mixture, pressing seams closed after filling, so that cheese is compacted and chile retains its shape.
- [ ] Lightly beat eggs in a small shallow bowl. Stir together bread crumbs, oregano, and 1/4 teaspoon each of salt and pepper in another shallow bowl.
- [ ] Dip chiles in egg, letting excess drip off, then coat with bread crumbs, transferring to a work surface. Repeat coating with egg and crumbs to form a second layer.
- [ ] Heat 2 inches oil to 325°F in a medium saucepan. Fry chiles in 3 batches, stirring occasionally, until golden brown all over, 5 to 6 minutes per batch.
- [ ] Transfer to several layers of paper towels to drain. Return oil to 325°F between batches.

Nutrition Facts

PROTEIN **11.32%** FAT **76.48%** CARBS **12.2%**

Properties

Glycemic Index:7.58, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:8.2704347423885%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 260.42kcal (13.02%), Fat: 22.32g (34.34%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.07g (2.57%), Sugar: 1.28g (1.42%), Cholesterol: 64.3mg (21.43%), Sodium: 211.03mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin K: 32.49µg (30.94%), Vitamin C: 16.86mg (20.44%), Calcium: 167.32mg (16.73%), Selenium: 10.21µg (14.58%), Vitamin E: 1.98mg (13.23%), Phosphorus: 128.71mg (12.87%), Vitamin B2: 0.18mg (10.79%), Vitamin A: 391.4IU (7.83%), Vitamin B1: 0.1mg (6.83%), Zinc: 0.95mg (6.33%), Folate: 23.77µg (5.94%), Manganese: 0.12mg (5.93%), Vitamin B6: 0.11mg (5.44%), Vitamin B12: 0.32µg (5.35%), Iron: 0.9mg (4.99%), Vitamin B3: 0.82mg (4.08%), Fiber: 0.94g (3.76%), Vitamin B5: 0.35mg (3.48%), Magnesium: 13.47mg (3.37%), Potassium: 89.17mg (2.55%), Vitamin D: 0.36µg (2.42%), Copper: 0.05mg (2.34%)