



Jalapeño Poppers

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs plain
- ☐ 4 oz cheddar cheese grated
- ☐ 8 oz cream cheese softened
- ☐ 2 large eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 24 small jalapeño chilis

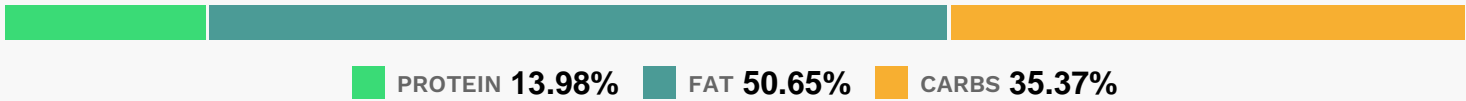
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife

Directions

- ☐ Cut slit in jalapeos lengthwise with a paring knife and remove seeds. Leave stems intact.
- ☐ In a large bowl, combine cream cheese, cheddar and cilantro, and mix well. Stuff jalapeos generously with cheese mixture.
- ☐ Warm 2 inches of oil in a large skillet over medium-high heat until it reaches 375F.
- ☐ Arrange 3 bowls on a counter.
- ☐ Place flour in one, eggs in another and bread crumbs in third. One at a time, dip jalapeos in flour, then eggs, letting excess drip off.
- ☐ Roll each jalapeo in bread crumbs to coat. (Poppers can be made several hours ahead up to this point. Cover and refrigerate.)
- ☐ Fry a few peppers at a time in hot oil until golden brown, 3 to 5 minutes.
- ☐ Drain on paper towels. Return oil to 375F before beginning next batch.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:9.64, Inflammation Score:-7, Nutrition Score:13.828695711882%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 297.33kcal (14.87%), Fat: 16.78g (25.82%), Saturated Fat: 9.06g (56.65%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 24.17g (8.79%), Sugar: 3.77g (4.19%), Cholesterol: 89.31mg (29.77%), Sodium: 299.91mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Vitamin C: 49.84mg (60.41%),

Selenium: 19.15µg (27.36%), Vitamin A: 1049.77IU (21%), Vitamin B2: 0.35mg (20.35%), Vitamin B1: 0.29mg (19.05%), Phosphorus: 170.12mg (17.01%), Calcium: 166.87mg (16.69%), Folate: 65.84µg (16.46%), Manganese: 0.28mg (13.99%), Vitamin E: 2.01mg (13.38%), Vitamin B6: 0.25mg (12.31%), Vitamin B3: 2.4mg (12%), Iron: 1.76mg (9.76%), Vitamin K: 9.99µg (9.52%), Fiber: 2.21g (8.83%), Zinc: 1.19mg (7.92%), Vitamin B5: 0.69mg (6.88%), Vitamin B12: 0.37µg (6.19%), Potassium: 213.45mg (6.1%), Magnesium: 23.45mg (5.86%), Copper: 0.1mg (4.76%), Vitamin D: 0.34µg (2.23%)