



Jalapeno Poppers of Champions

 Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5.3 ounce vegetarian bacon strips frozen thawed
- 8 ounce cream cheese softened
- 18 jalapeno fresh halved lengthwise seeded

Equipment

- baking sheet
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray.
- Fill each jalapeno half with cream cheese. Wrap 1 bacon strip around each jalapeno half and secure with a toothpick. Arrange wrapped jalapenos on baking sheet.
- Bake 12 minutes in preheated oven, or until bacon strips are crisp.
- Serve warm.

Nutrition Facts

PROTEIN 9.87% **FAT 75.86%** **CARBS 14.27%**

Properties

Glycemic Index:3.28, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:5.585217444793%

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: 76.77kcal (3.84%), Fat: 6.59g (10.13%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.12g (1.24%), Cholesterol: 12.89mg (4.3%), Sodium: 160.95mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin B1: 0.84mg (56.24%), Vitamin C: 16.6mg (20.13%), Vitamin A: 320.14IU (6.4%), Vitamin B6: 0.11mg (5.35%), Vitamin B12: 0.31µg (5.15%), Vitamin B3: 0.92mg (4.59%), Vitamin B2: 0.07mg (4.23%), Phosphorus: 40.69mg (4.07%), Vitamin E: 0.61mg (4.06%), Fiber: 0.81g (3.25%), Vitamin K: 2.85µg (2.72%), Iron: 0.35mg (1.93%), Calcium: 17.37mg (1.74%), Potassium: 59.37mg (1.7%), Selenium: 1.14µg (1.63%), Folate: 4.91µg (1.23%), Vitamin B5: 0.12mg (1.16%)