



Jalapeno Scorpion Pigs



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



12

CALORIES



245 kcal

SIDE DISH

Ingredients

- 1 pound peppered bacon
- 2 tablespoons chicken soup base bouillon® (such as Better than)
- 8 ounce whipped cream cheese
- 12 large jalapeño peppers fresh
- 1 pound shrimp with tails on deveined cooked peeled
- 12 pimento-stuffed olives green minced

Equipment

- bowl

- oven
- toothpicks

Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Cut a slit in each jalapeno; remove the seeds and the stem.
- Mix minced olives, chicken soup base, and cream cheese together in a small bowl.
- Transfer the cream cheese mixture into a piping bag, or a plastic sandwich bag with the corner snipped off. Pipe the mixture into the jalapeno pepper halves, filling each about 1/3 full. Press the cheese into the pepper with a spoon or finger.
- Insert a whole shrimp with the tail facing up into the stem-side of the filled jalapeno pepper. If the shrimp does not completely cover the cream cheese, cut a small piece from another shrimp to fill the tip of the pepper. Fill the any remaining space of the pepper by piping on more cream cheese. Wrap each stuffed pepper with a slice of bacon, securing with a toothpick through the center. Repeat until all the peppers are filled.
- Bake in the preheated oven until the bacon is browned and crisp, 25 to 30 minutes.

Nutrition Facts

■ PROTEIN **17.74%** ■ FAT **75.05%** ■ CARBS **7.21%**

Properties

Glycemic Index:7.25, Glycemic Load:1.46, Inflammation Score:-3, Nutrition Score:7.4478261159814%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 245.12kcal (12.26%), Fat: 20.36g (31.33%), Saturated Fat: 7.81g (48.79%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.26g (2.51%), Cholesterol: 87.05mg (29.02%), Sodium: 727.47mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.65%), Selenium: 19.38µg (27.68%), Vitamin C: 16.61mg (20.14%), Phosphorus: 168.67mg (16.87%), Vitamin B3: 2.41mg (12.07%), Vitamin B6: 0.23mg (11.49%), Vitamin B12: 0.67µg (11.1%), Vitamin E: 1.44mg (9.6%), Vitamin B1: 0.13mg (8.41%), Vitamin A: 378.14IU (7.56%), Zinc: 0.9mg (6.03%), Potassium: 184.31mg (5.27%), Copper: 0.1mg (4.89%), Calcium: 46.71mg (4.67%), Magnesium: 17.94mg (4.48%), Vitamin B5: 0.43mg (4.35%), Vitamin B2: 0.06mg (3.66%), Folate: 11.92µg (2.98%), Vitamin K: 3.12µg

(2.97%), Fiber: 0.52g (2.1%), Vitamin D: 0.26µg (1.76%), Iron: 0.31mg (1.71%), Manganese: 0.03mg (1.51%)