

Kickin Stuffed Peppers

 Gluten Free

READY IN



60 min.

SERVINGS



30

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 jalapeno fresh halved lengthwise seeded
- 8 ounce neufchatel cheese cubed
- 0.3 cup parmesan cheese grated
- 1 pound pork sausage

Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- Place a skillet over medium-high heat; add sausage and cook until brown; drain and return pan to heat. Stir the cream cheese into the sausage and cook until completely melted; remove from heat.
- Spoon equal portions of the sausage mixture into the jalapeno halves and arrange onto the prepared baking sheet; sprinkle the Parmesan cheese over the stuffed peppers.
- Bake in the preheated oven until the peppers are soft and the tops are lightly browned, about 30 minutes.

Nutrition Facts

 **PROTEIN 18.66%**  **FAT 76.62%**  **CARBS 4.72%**

Properties

Glycemic Index:2.9, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.2695652090985%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 70.63kcal (3.53%), Fat: 5.99g (9.22%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.53g (0.59%), Cholesterol: 17.21mg (5.74%), Sodium: 136.2mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin C: 8.41mg (10.19%), Vitamin B3: 0.82mg (4.09%), Vitamin B6: 0.08mg (3.97%), Phosphorus: 37.95mg (3.79%), Vitamin A: 157.59IU (3.15%), Vitamin B1: 0.05mg (3.08%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.16µg (2.71%), Vitamin B2: 0.04mg (2.23%), Vitamin E: 0.31mg (2.09%), Potassium: 67.88mg (1.94%), Calcium: 18.41mg (1.84%), Vitamin B5: 0.17mg (1.7%), Vitamin K: 1.5µg (1.43%), Vitamin D: 0.2µg (1.34%), Iron: 0.2mg (1.11%), Magnesium: 4.21mg (1.05%)