



## Louisiana Poppers

READY IN



10 min.

SERVINGS



10

CALORIES



219 kcal

SIDE DISH

### Ingredients

- ☐ 1 sleeve round buttery crackers crushed
- ☐ 8 oz cream cheese jalapeño poppers frozen
- ☐ 1 lb sausage meat

### Equipment

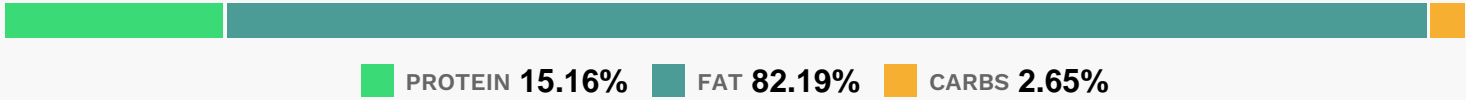
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack

☐ ziploc bags

## Directions

- ☐ Divide sausage into 10 equal portions; press 1 portion around each popper, covering completely.
- ☐ Roll in cracker crumbs.
- ☐ Place on a wire rack in a jelly-roll pan.
- ☐ Bake at 375 for 30 minutes or until thoroughly cooked.
- ☐ Drain briefly on paper towels.
- ☐ Cut in half before serving.
- ☐ Homemade Variation: Substitute 2 (7-oz.) cans pickled whole jalapeo peppers, drained, for frozen poppers.
- ☐ Cut stem ends off each jalapeo pepper.
- ☐ Remove and discard seeds and membranes.
- ☐ Place 1/2 (8-oz.) package cream cheese, softened, in a zip-top plastic bag. Seal bag, and snip a small hole in 1 corner of bag. Pipe cream cheese into hollowed peppers. Cover stuffed peppers evenly with sausage as directed, making sure each pepper is completely covered by sausage so that cheese is sealed inside. Continue preparing and baking stuffed peppers as directed in Steps 1 and
- ☐ Note: For testing purposes only, we used Poppers Cream Cheese Jalapeos and La Costea Green Pickled Jalapeo Peppers.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.0134782647795%

## Nutrients (% of daily need)

Calories: 218.75kcal (10.94%), Fat: 19.91g (30.62%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.88g (0.97%), Cholesterol: 55.57mg (18.52%), Sodium: 362.34mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Vitamin B3: 2.17mg (10.84%), Vitamin

B1: 0.13mg (8.75%), Phosphorus: 86.32mg (8.63%), Vitamin B6: 0.15mg (7.58%), Zinc: 1.1mg (7.33%), Vitamin B12: 0.44µg (7.26%), Vitamin A: 338.61IU (6.77%), Vitamin B2: 0.11mg (6.37%), Vitamin B5: 0.43mg (4.35%), Potassium: 142.79mg (4.08%), Vitamin D: 0.59µg (3.93%), Iron: 0.54mg (3.01%), Selenium: 1.96µg (2.81%), Calcium: 26.54mg (2.65%), Magnesium: 8.45mg (2.11%), Vitamin E: 0.29mg (1.94%), Copper: 0.03mg (1.72%)