



## Low-Fat Jalapeño Poppers



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



28

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.8 pound jalapeño chilies fresh rinsed (14 or 15, equal-size)
- ☐ 1 cup cornflake crumbs
- ☐ 4 oz neufchâtel cream cheese light fat-free ()
- ☐ 2 large egg whites
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup green onions minced
- ☐ 1 tablespoon juice of lime
- ☐ 3 tablespoons cheddar cheese shredded

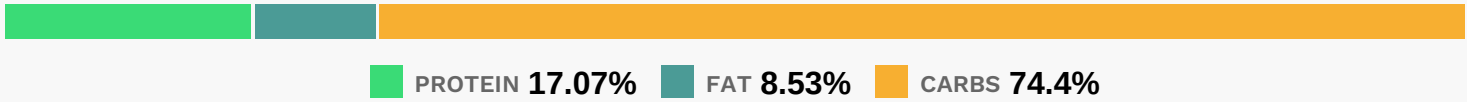
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

# Directions

- ☐ In a bowl, use a fork to blend cream cheese, garlic, onions, cheddar cheese, and lime juice.
- ☐ Wearing rubber gloves, cut chilies in half lengthwise. With a knife, cut seed lump from beneath the stem inside each chili, leaving stem end in place (to form a cup). Pull out and discard veins. Fill chili halves equally with cheese mixture, spreading surface smooth.
- ☐ In a small bowl, whisk egg whites until slightly frothy. Put cornflake crumbs in another small bowl. Dip filled chili halves, 1 at a time, in egg whites, then roll in crumbs. Set chilies slightly apart on a 12- by 15-inch baking sheet, filling the sheet.
- ☐ Bake in a 350 oven until crumbs are slightly darker brown and crisp, about 20 minutes.
- ☐ Serve hot or warm.

# Nutrition Facts



# Properties

Glycemic Index:4.79, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:5.4965217735456%

# Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

# Nutrients (% of daily need)

Calories: 45.05kcal (2.25%), Fat: 0.45g (0.68%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 8.23g (2.99%), Sugar: 1.73g (1.92%), Cholesterol: 1.4mg (0.47%), Sodium: 101.23mg (4.4%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Vitamin C: 19.68mg (23.86%), Iron: 2.6mg (14.44%), Vitamin B6: 0.22mg (10.95%), Vitamin B2: 0.17mg (9.72%), Folate: 35.48µg (8.87%), Vitamin B3: 1.68mg (8.42%), Vitamin B1: 0.13mg (8.34%), Vitamin B12: 0.47µg (7.88%), Vitamin A: 290IU (5.8%), Phosphorus: 40.39mg (4.04%), Vitamin K: 4.2µg (4%), Selenium: 1.73µg (2.47%), Calcium: 24.26mg (2.43%), Manganese: 0.04mg (2.18%), Potassium: 73.89mg (2.11%), Vitamin D: 0.31µg (2.06%), Fiber: 0.5g (1.99%), Magnesium: 7.82mg (1.96%), Copper: 0.04mg (1.82%), Zinc: 0.22mg (1.46%)