



Peanut Butter Jalapeno Poppers

 Vegetarian

READY IN



105 min.

SERVINGS



35

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup pillsbury best® all purpose flour
- 0.5 teaspoon cajun spice
- 0.3 cup jif® creamy peanut butter
- 2 eggs beaten
- 3 tablespoons chives fresh minced
- 5 jalapeño peppers fresh seeded chopped
- 2 tablespoons crosse & major grey's chutney blackwell®
- 1 cup monterrey jack cheese shredded

- 1 cup panko bread crumbs plain
- 35 servings vegetable oil; peanut oil preferred pure crisco®
- 35 servings salt to taste
- 1 cup cup heavy whipping cream sour

Equipment

- bowl
- baking sheet
- paper towels
- sauce pan

Directions

- Stir jalapenos, cheese, peanut butter, chutney and Cajun seasoning in medium bowl until blended. Shape into 1/2-inch round balls.
- Place egg, flour and breadcrumbs into three separate small bowls. Coat each ball in flour, then egg and breadcrumbs. Chill on baking sheet 1 hour.
- Heat 2 inches oil to 350 degrees F in a 6-quart saucepan. Fry poppers 1 1/2-2 minutes each or until golden brown.
- Drain on paper towel. Season with salt.
- Combine sour cream and chives.
- Serve with poppers.

Nutrition Facts



PROTEIN 4.91% **FAT 87.18%** **CARBS 7.91%**

Properties

Glycemic Index:5.94, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:2.7665217531764%

Flavonoids

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Nutrients (% of daily need)

Calories: 181.1kcal (9.05%), Fat: 17.87g (27.49%), Saturated Fat: 4g (25%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.33g (1.21%), Sugar: 0.71g (0.79%), Cholesterol: 16.1mg (5.37%), Sodium: 242.01mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin E: 2.56mg (17.1%), Phosphorus: 38.16mg (3.82%), Selenium: 2.63µg (3.76%), Calcium: 37.4mg (3.74%), Manganese: 0.07mg (3.57%), Vitamin B2: 0.06mg (3.39%), Vitamin C: 2.58mg (3.13%), Vitamin B3: 0.59mg (2.94%), Folate: 10.24µg (2.56%), Vitamin B1: 0.04mg (2.53%), Vitamin A: 126.17IU (2.52%), Magnesium: 7.6mg (1.9%), Zinc: 0.26mg (1.72%), Iron: 0.3mg (1.67%), Vitamin B6: 0.03mg (1.63%), Vitamin K: 1.35µg (1.29%), Fiber: 0.32g (1.26%), Vitamin B5: 0.12mg (1.19%), Copper: 0.02mg (1.15%), Potassium: 40.15mg (1.15%), Vitamin B12: 0.07µg (1.15%)