



WHATSheATE



Pepper Jack Grits Poppers



Gluten Free

READY IN



520 min.

SERVINGS



35

CALORIES



26 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 18 snack peppers sweet mini
- ☐ 1 cup grits hot cooked
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 0.5 cup parmesan shredded
- ☐ 4 oz pepper jack cheese shredded

Equipment

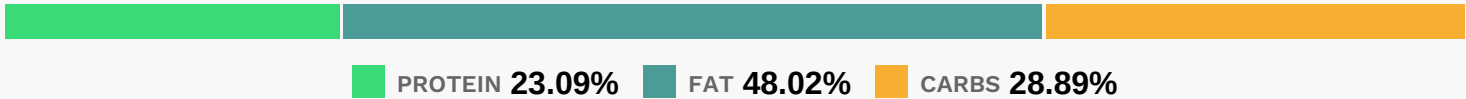
- ☐ oven

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Stir together first 5 ingredients until cheese is melted; add salt and pepper to taste. Cover and chill 8 hours.
- ☐ Preheat broiler with oven rack 6 inches from heat.
- ☐ Cut peppers in half lengthwise, leaving stems intact; remove seeds. Spoon grits mixture into pepper halves.
- ☐ Place on a broiler pan. Broil 4 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:4.23, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:2.6152173779581%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 26.06kcal (1.3%), Fat: 1.42g (2.19%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.64g (0.71%), Cholesterol: 3.86mg (1.28%), Sodium: 43.06mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin C: 18.46mg (22.38%), Vitamin A: 488.49IU (9.77%), Calcium: 42.33mg (4.23%), Phosphorus: 29.15mg (2.92%), Vitamin B6: 0.05mg (2.46%), Folate: 9.19µg (2.3%), Vitamin B2: 0.03mg (1.99%), Vitamin E: 0.24mg (1.61%), Selenium: 1µg (1.44%), Fiber: 0.35g (1.41%), Zinc: 0.18mg (1.22%), Vitamin B1: 0.02mg (1.08%), Potassium: 36.31mg (1.04%), Manganese: 0.02mg (1.04%), Vitamin B3: 0.2mg (1.01%)