



Pepper Jelly-Goat Cheese Cakes

READY IN



170 min.

SERVINGS



1

CALORIES



1739 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 8 oz cream cheese softened
- ☐ 1 large eggs
- ☐ 3 oz goat cheese softened
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 0.3 cup seasoned bread crumbs dry fine
- ☐ 0.3 cup bell pepper green melted
- ☐ 0.3 cup bell pepper red melted
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 cup pecans toasted

☐ 1 tablespoon sriracha hot

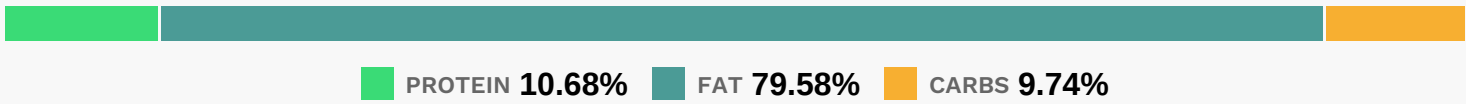
Equipment

- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Place baking cups in 2 (12-cup) miniature muffin pans; coat baking cups with cooking spray.
- ☐ Stir together breadcrumbs and next 3 ingredients. Firmly press about 1 tsp. mixture in bottom of each baking cup.
- ☐ Beat cream cheese and goat cheese at medium speed with an electric mixer until light and fluffy; add egg and next 2 ingredients, beating just until blended. Spoon into baking cups, filling three-fourths full.
- ☐ Bake at 350 for 10 minutes or until set. Cool completely in pans on a wire rack (about 20 minutes). Spoon 1 tsp. melted green pepper jelly over each of 12 cheesecakes. Spoon 1 tsp. melted red pepper jelly over remaining 12 cheesecakes. Cover and chill 2 to 12 hours before serving.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:4.07, Inflammation Score:-10, Nutrition Score:43.980434956758%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 1739.16kcal (86.96%), Fat: 156.73g (241.12%), Saturated Fat: 84.61g (528.83%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 37.88g (13.77%), Sugar: 15.7g (17.44%), Cholesterol: 557.29mg (185.76%), Sodium: 2206.26mg (95.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.31g (94.63%), Vitamin A: 6818.59IU (136.37%), Vitamin C: 88.62mg (107.41%), Manganese: 1.64mg (81.76%), Vitamin B2: 1.38mg (81.36%), Phosphorus: 787.14mg (78.71%), Selenium: 50.3µg (71.86%), Calcium: 561.28mg (56.13%), Copper: 1.11mg (55.57%), Vitamin B1: 0.64mg (42.63%), Vitamin B6: 0.76mg (37.98%), Vitamin B5: 3.35mg (33.47%), Zinc: 4.8mg (31.98%), Vitamin E: 4.77mg (31.81%), Folate: 119.54µg (29.89%), Iron: 5.27mg (29.29%), Vitamin K: 29.09µg (27.71%), Magnesium: 98.77mg (24.69%), Vitamin B12: 1.44µg (24.02%), Potassium: 777.38mg (22.21%), Fiber: 5.3g (21.2%), Vitamin B3: 3.36mg (16.81%), Vitamin D: 1.87µg (12.47%)