



Pimiento Cheese-Stuffed Squash Blossoms

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

Ingredients

- 1 applewood-smoked bacon crumbled cooked
- 0.5 cup cream cheese fat-free softened
- 3 tablespoons green onions minced
- 1 Dash ground pepper red
- 0.5 teaspoon hot sauce (such as Texas Pete)
- 1 tablespoon canola mayonnaise
- 1 small bell pepper red halved seeded
- 0.8 cup cheddar cheese shredded

8 squash blossoms fresh

Equipment

bowl

baking sheet

aluminum foil

broiler

Directions

Preheat broiler to high.

Place bell pepper halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 8 minutes or until blackened.

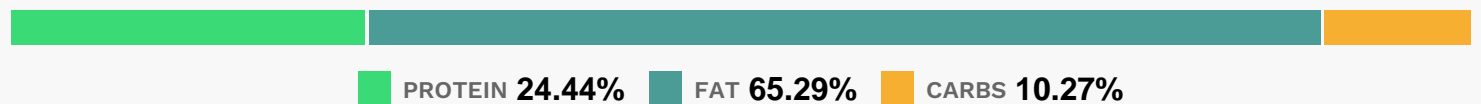
Place roasted pepper in a paper bag, and fold to close bag tightly.

Let stand for 5 minutes. Peel and chop bell pepper.

Place 3 tablespoons bell pepper in a medium bowl; reserve remaining pepper for another use.

Add cream cheese and next 6 ingredients (through bacon) to pepper in bowl, and stir until well blended. Carefully make a slit in each squash blossom; open and spoon 2 tablespoons cheese mixture into each blossom. Press to close.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:4.4078260478766%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 84.91kcal (4.25%), Fat: 6.18g (9.51%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.26g (1.4%), Cholesterol: 14.84mg (4.95%), Sodium: 205.2mg (8.92%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin C: 13.02mg (15.78%), Phosphorus: 131mg (13.1%), Calcium: 127.84mg (12.78%), Vitamin A: 472.39IU (9.45%), Vitamin K: 8.26µg (7.87%), Selenium: 4.32µg (6.17%), Vitamin B2: 0.1mg (5.78%), Zinc: 0.67mg (4.45%), Vitamin B12: 0.26µg (4.37%), Folate: 14.16µg (3.54%), Vitamin B6: 0.05mg (2.54%), Potassium: 83.02mg (2.37%), Vitamin B5: 0.21mg (2.12%), Magnesium: 8.39mg (2.1%), Vitamin E: 0.31mg (2.09%), Vitamin B1: 0.02mg (1.58%), Vitamin B3: 0.27mg (1.33%), Fiber: 0.26g (1.03%)