



Red-Hot Stuffed Chiles

 Vegetarian  Gluten Free

READY IN



34 min.

SERVINGS



10

CALORIES



123 kcal

SIDE DISH

Ingredients

- 8 ounce cream cheese softened
- 20 jalapeño chiles
- 0.7 cup kalamata black ripe chopped
- 0.8 teaspoon cracked pepper black

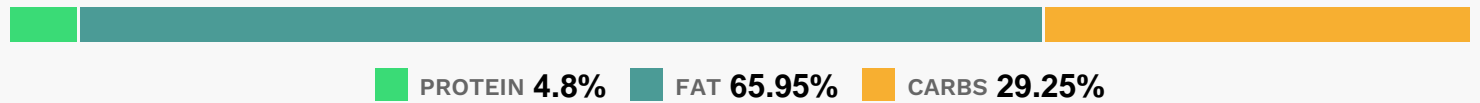
Equipment

- grill

Directions

- Slice chiles in half lengthwise, and remove seeds and membranes, leaving stems intact. Grill over high heat (450 to 60
- for 5 minutes on each side or until softened. Cool slightly.
- Combine cream cheese, olives, and black pepper; stir well. Spoon cheese mixture evenly into chiles.
- Grill chiles, cut-sides up, 4 to 5 minutes or until cheese is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:2.7886957331844%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 123.05kcal (6.15%), Fat: 9.18g (14.13%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 5.13g (1.87%), Sugar: 4.63g (5.15%), Cholesterol: 22.91mg (7.64%), Sodium: 584.6mg (25.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin C: 13.44mg (16.29%), Fiber: 4.03g (16.12%), Vitamin A: 340.78IU (6.82%), Vitamin E: 0.54mg (3.6%), Vitamin B2: 0.05mg (3.12%), Selenium: 2.04µg (2.91%), Calcium: 27.34mg (2.73%), Phosphorus: 24.86mg (2.49%), Vitamin B5: 0.13mg (1.33%), Manganese: 0.02mg (1.08%), Potassium: 35.71mg (1.02%)