



Roasted Jalapeno Poppers

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small handful cilantro leaves fresh finely chopped
- 4 ounces cream cheese at room temperature
- 2 ounces feta cheese
- 12 large jalapeño peppers
- 2 tablespoons onion grated
- 4 ounces pepper jack cheese smoked shredded hot extra-sharp

Equipment

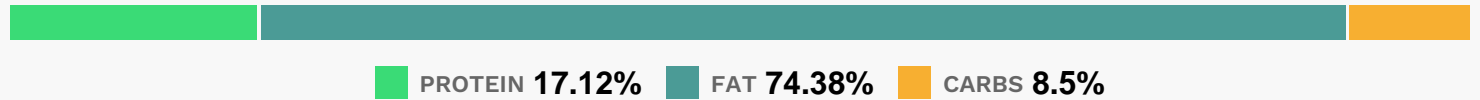
- baking sheet

oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- Cut 1/3 of each pepper off lengthwise and scoop out the seeds.
- Place on a baking sheet. If peppers do not sit flat on the baking sheet, slice a thin piece off the bottom of the pepper so it will not roll around.
- Mash the feta, cream cheese, shredded cheese, cilantro, and onion together and stuff the peppers with the mixture. Roast for 15 to 18 minutes, or until the peppers are tender and the cheese is brown at the edges and bubbly.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:7.8378260705782%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 171.29kcal (8.56%), Fat: 14.37g (22.11%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.83g (1.03%), Sugar: 2.11g (2.34%), Cholesterol: 44.32mg (14.77%), Sodium: 281.75mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Vitamin C: 33.63mg (40.77%), Calcium: 210.49mg (21.05%), Vitamin A: 785.93IU (15.72%), Phosphorus: 144.55mg (14.45%), Vitamin B2: 0.22mg (12.85%), Vitamin B6: 0.19mg (9.39%), Selenium: 5.92µg (8.45%), Vitamin E: 1.25mg (8.32%), Vitamin K: 8.3µg (7.9%), Zinc: 0.98mg (6.55%), Vitamin B12: 0.36µg (5.97%), Folate: 16.73µg (4.18%), Potassium: 123.9mg (3.54%), Fiber: 0.86g (3.44%), Vitamin B5: 0.33mg (3.35%), Magnesium: 13.31mg (3.33%), Vitamin B3: 0.5mg (2.49%), Vitamin B1: 0.03mg (2.33%), Manganese: 0.04mg (2.06%), Iron: 0.31mg (1.71%), Copper: 0.03mg (1.41%), Vitamin D: 0.15µg (1.01%)