



Sausage Jalapeno Poppers

 Gluten Free

READY IN



80 min.

SERVINGS



60

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon sliced cut in half
- 30 jalapeno
- 16 ounce cream cheese softened
- 24 ounce sausage meat

Equipment

- bowl
- frying pan
- oven

- baking pan
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place ground sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain sausage and place in a medium bowl.
- Mix with the cream cheese.
- Cut jalapenos in half lengthwise.
- Remove the seeds. Stuff each jalapeno half with equal portions of the sausage and cream cheese mixture. Wrap with half slices of bacon. Secure bacon with toothpicks.
- Arrange wrapped jalapenos in a large, shallow baking dish.
- Bake in the preheated oven 20 minutes, or until the bacon is evenly brown.

Nutrition Facts

PROTEIN 13.54% **FAT 82.35%** **CARBS 4.11%**

Properties

Glycemic Index:1.45, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.4213043373564%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 94.49kcal (4.72%), Fat: 8.64g (13.29%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.57g (0.64%), Cholesterol: 20.79mg (6.93%), Sodium: 146.12mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin C: 8.38mg (10.16%), Vitamin B3: 0.93mg (4.67%), Vitamin B6: 0.09mg (4.42%), Vitamin B1: 0.06mg (3.77%), Vitamin A: 188.29IU (3.77%), Phosphorus: 36.1mg (3.61%), Selenium: 2.2µg (3.14%), Zinc: 0.38mg (2.55%), Vitamin B12: 0.15µg (2.51%), Vitamin B2: 0.04mg (2.49%), Vitamin E: 0.37mg (2.46%), Potassium: 70.43mg (2.01%), Vitamin B5: 0.18mg (1.83%), Vitamin K: 1.5µg (1.43%), Vitamin D: 0.18µg (1.18%), Magnesium: 4.23mg (1.06%), Iron: 0.18mg (1.01%)