

Sausage Stuffed Jalapenos

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 1 pound sausage meat
- 1 pound jalapeno fresh halved lengthwise seeded
- 1 cup parmesan shredded

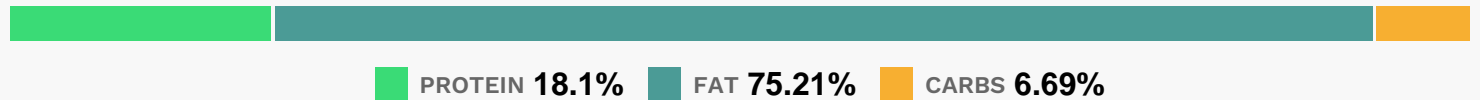
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place sausage in a skillet over medium heat, and cook until evenly brown.
- Drain grease.
- In a bowl, mix the sausage, cream cheese, and Parmesan cheese. Spoon about 1 tablespoon sausage mixture into each jalapeno half. Arrange stuffed halves in baking dishes.
- Bake 20 minutes in the preheated oven, until bubbly and lightly browned.
- Serve with Ranch dressing.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:9.2399999577066%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 224.69kcal (11.23%), Fat: 18.82g (28.96%), Saturated Fat: 8.54g (53.41%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.71g (0.99%), Sugar: 2.33g (2.59%), Cholesterol: 51.97mg (17.32%), Sodium: 434.38mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Vitamin C: 45.09mg (54.66%), Vitamin A: 754.73IU (15.09%), Vitamin B6: 0.29mg (14.61%), Phosphorus: 138.91mg (13.89%), Calcium: 124.94mg (12.49%), Vitamin B3: 2.3mg (11.51%), Vitamin E: 1.61mg (10.71%), Vitamin B2: 0.14mg (8.45%), Vitamin B1: 0.13mg (8.44%), Zinc: 1.2mg (7.98%), Vitamin B12: 0.46µg (7.71%), Vitamin K: 7.68µg (7.32%), Potassium: 220.1mg (6.29%), Selenium: 3.65µg (5.22%), Vitamin B5: 0.52mg (5.18%), Fiber: 1.06g (4.23%), Magnesium: 16.33mg (4.08%), Vitamin D: 0.53µg (3.55%), Iron: 0.6mg (3.35%), Folate: 12.87µg (3.22%), Copper: 0.05mg (2.42%), Manganese: 0.04mg (2.12%)