



Shrimp Jalapeño Poppers

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces leyden cheese shredded
- ☐ 8 ounces cream cheese softened
- ☐ 0.3 teaspoon cumin seeds
- ☐ 3 green onions thinly sliced
- ☐ 12 jalapeño chiles
- ☐ 1 cup bay shrimp cooked

Equipment

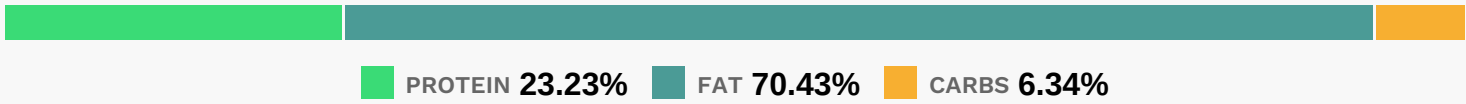
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to medium (350 to 450). Wearing kitchen gloves, halve chiles lengthwise. Scoop out seeds and ribs with a spoon.
- ☐ Toast cumin seeds in a small frying pan over medium heat until fragrant, 1 minute.
- ☐ Transfer to a food processor, add cheeses, and whirl to blend. Put cheese mixture in a bowl and stir in onions and shrimp.
- ☐ Spoon cheese filling into chiles.
- ☐ Lay a sheet of greased foil on cooking grate. Set chiles, filling side up, on greased foil, cover grill, and cook until chiles are tender and cheese is melted and starting to brown, 15 minutes.
- ☐ Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:9.1217390350674%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 247.79kcal (12.39%), Fat: 19.64g (30.22%), Saturated Fat: 11.22g (70.13%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.13g (2.37%), Cholesterol: 104.6mg (34.87%), Sodium: 311.07mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Vitamin C: 25.76mg (31.22%), Calcium: 253.2mg (25.32%), Phosphorus: 230.9mg (23.09%), Vitamin A: 936.84IU (18.74%), Selenium: 10.58µg (15.11%), Vitamin K: 14.48µg (13.79%), Vitamin B2: 0.21mg (12.28%), Zinc: 1.63mg (10.86%), Vitamin E: 1.24mg (8.23%), Copper: 0.14mg (7.2%), Vitamin B6: 0.13mg (6.32%), Magnesium: 24.84mg (6.21%), Vitamin B12: 0.36µg (6.05%), Potassium:

202.94mg (5.8%), Folate: 17.06µg (4.27%), Vitamin B5: 0.35mg (3.48%), Fiber: 0.71g (2.85%), Manganese: 0.05mg (2.27%), Iron: 0.39mg (2.17%), Vitamin B1: 0.03mg (1.73%), Vitamin B3: 0.34mg (1.68%), Vitamin D: 0.17µg (1.13%)