



Smoked Stuffed Chile Poppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

Ingredients

- 8 ounces bacon smoked
- 8 ounces neufchatel cheese at room temperature
- 12 pecans toasted (see Note)
- 12 large jalapeno green red cored seeded (, , or both)
- 0.5 cup sharp cheddar cheese shredded

Equipment

- bowl
- frying pan

- toothpicks
- grill
- ziploc bags

Directions

- To make the popper filling, combine the cheeses in a medium-size bowl and stir them together with a fork.
- Put the cheese mixture in a gallon-size zipper-top plastic bag and cut a small hole in one corner of the bag. Squeeze each jalapeño full of the cheese mixture.
- Place the cheese-filled jalapeños in the egg carton. Push a pecan half into each pepper. Wrap a half strip of bacon around each jalapeño and secure with a toothpick.
- Fill your charcoal chimney with briquets, set the chimney on the bottom grill grate, and light or prepare a fire in your smoker. For a gas grill, turn half the burners to high.
- When the coals are ready, dump them into the bottom of your grill, and spread them evenly across half. Scatter the drained wood chips on the hot coals, or put the dry wood chips in a metal container and place closest to a burner on a gas grill.
- Place the jalapeños on the indirect side of the grill. When the smoke starts to rise, close the lid.
- Smoke the peppers at 350°F for 1 hour and 15 minutes until the bacon is cooked and the jalapeño have a smoky aroma.
- I toast my pecans for more flavor before using inserting them into the jalapeño. To toast, melt 1 teaspoon unsalted butter in a small cast iron skillet over medium heat.
- Add the pecans and cook, stirring, until slightly browned.
- Reprinted with permission from 25 Essentials: Techniques for Smoking by Ardie A. Davis, (C) 2009, Harvard Common Press

Nutrition Facts

 **PROTEIN 13.78%**  **FAT 80.15%**  **CARBS 6.07%**

Properties

Glycemic Index:27.25, Glycemic Load:2.04, Inflammation Score:-7, Nutrition Score:14.223913109821%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 483.34kcal (24.17%), Fat: 43.43g (66.82%), Saturated Fat: 17.78g (111.12%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.36g (2.31%), Sugar: 4.25g (4.72%), Cholesterol: 93.5mg (31.17%), Sodium: 660.88mg (28.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.61%), Vitamin C: 60.4mg (73.21%), Phosphorus: 254.28mg (25.43%), Selenium: 17.46µg (24.95%), Vitamin A: 1041.54IU (20.83%), Vitamin B6: 0.41mg (20.26%), Calcium: 177.86mg (17.79%), Vitamin B1: 0.23mg (15.4%), Vitamin B3: 2.98mg (14.89%), Manganese: 0.28mg (14.07%), Vitamin B2: 0.24mg (13.98%), Zinc: 1.95mg (13.01%), Potassium: 361.78mg (10.34%), Vitamin B12: 0.6µg (10.06%), Vitamin B5: 0.82mg (8.2%), Magnesium: 31.03mg (7.76%), Copper: 0.15mg (7.42%), Vitamin K: 7.33µg (6.98%), Vitamin E: 0.93mg (6.17%), Folate: 21.49µg (5.37%), Iron: 0.87mg (4.82%), Fiber: 1.03g (4.13%), Vitamin D: 0.31µg (2.08%)