



Stuffed Jalapeno Firecrackers

 Gluten Free

READY IN



35 min.

SERVINGS



24

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices bacon cut in half
- 24 servings cajun spice to taste
- 8 ounce cream cheese softened
- 12 jalapeno halved lengthwise

Equipment

- oven
- toothpicks
- broiler

Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Fill the jalapeno peppers with cream cheese.
- Sprinkle the Cajun seasoning on top, then wrap each stuffed jalapeno with a slice of bacon. Secure with a toothpick. Arrange the wrapped jalapeno peppers in a single layer, face down on a broiler rack.
- Broil in the preheated oven until the bacon becomes crisp, 8 to 15 minutes on each side.

Nutrition Facts

PROTEIN 10.39% **FAT 79.75%** **CARBS 9.86%**

Properties

Glycemic Index:3.08, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:3.8404347779958%

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: 86.61kcal (4.33%), Fat: 7.9g (12.15%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.85g (0.95%), Cholesterol: 16.8mg (5.6%), Sodium: 104.06mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin A: 1191.52IU (23.83%), Vitamin C: 8.32mg (10.08%), Vitamin E: 0.96mg (6.41%), Vitamin B6: 0.11mg (5.34%), Selenium: 3.18µg (4.54%), Vitamin B3: 0.74mg (3.71%), Fiber: 0.89g (3.58%), Vitamin B2: 0.06mg (3.54%), Phosphorus: 34.05mg (3.41%), Vitamin K: 3.1µg (2.95%), Vitamin B1: 0.04mg (2.8%), Potassium: 97.21mg (2.78%), Iron: 0.5mg (2.75%), Manganese: 0.04mg (2.04%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.27mg (1.82%), Magnesium: 6.78mg (1.7%), Calcium: 15.14mg (1.51%), Vitamin B12: 0.08µg (1.26%), Copper: 0.02mg (1.19%)