



HEALTH SCORE

59%

Stuffed Jalapeño Poppers



Gluten Free



Very Healthy

READY IN



105 min.

SERVINGS



1

CALORIES



3208 kcal

SIDE DISH

Ingredients

- ☐ 24 slices bacon
- ☐ 8 oz cream cheese softened
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 24 jalapeño peppers
- ☐ 2 tablespoons pepper jelly
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon salt

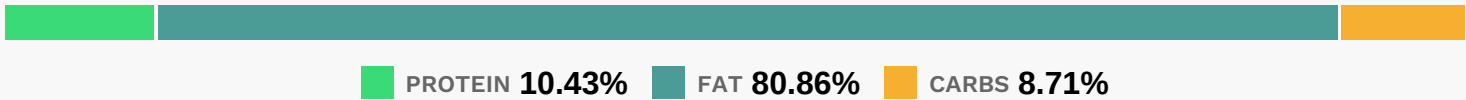
Equipment

☐ grill

Directions

- ☐ Cut stems off peppers.
- ☐ Cut each pepper lengthwise down 1 side, leaving other side intact; remove seeds and membranes using a small spoon. Rinse peppers under cold water to remove any remaining seeds.
- ☐ Stir together cream cheese and next 4 ingredients. Spoon cream cheese mixture into a zip-top plastic freezer bag. (Do not seal.) Snip 1 corner of bag to make a small hole. Pipe a small amount of mixture into each pepper, and wrap each with 1 bacon slice. Secure with wooden picks.
- ☐ Light 1 side of grill, heating to 400 to 500 (high) heat; leave other side unlit. Arrange peppers over unlit side, and grill, covered with grill lid, 22 to 25 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:146, Glycemic Load:22.28, Inflammation Score:-10, Nutrition Score:59.677391301031%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 4.5mg, Luteolin: 4.5mg, Luteolin: 4.5mg, Luteolin: 4.5mg Quercetin: 17.75mg, Quercetin: 17.75mg, Quercetin: 17.75mg, Quercetin: 17.75mg

Nutrients (% of daily need)

Calories: 3208.21kcal (160.41%), Fat: 288.87g (444.41%), Saturated Fat: 116.33g (727.06%), Carbohydrates: 69.98g (23.33%), Net Carbohydrates: 60.04g (21.83%), Sugar: 42.03g (46.71%), Cholesterol: 577.54mg (192.51%), Sodium: 4812.6mg (209.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.88g (167.75%), Vitamin C: 406.84mg (493.14%), Selenium: 127.8µg (182.58%), Vitamin B6: 2.95mg (147.74%), Vitamin A: 6951.79IU (139.04%), Vitamin B3: 25.79mg (128.96%), Vitamin B1: 1.65mg (110.32%), Phosphorus: 1100.63mg (110.06%), Vitamin E: 16.36mg (109.07%), Vitamin B2: 1.22mg (71.71%), Vitamin K: 70.73µg (67.36%), Potassium: 2232.81mg (63.79%), Vitamin B5: 5.31mg (53.15%), Zinc: 7.88mg (52.52%), Vitamin B12: 3.14µg (52.32%), Fiber: 9.94g (39.77%), Magnesium: 137.3mg (34.32%), Calcium: 297.98mg (29.8%), Folate: 117.78µg (29.44%), Copper: 0.46mg (23.22%), Manganese: 0.43mg (21.71%), Iron: 3.49mg (19.39%), Vitamin D: 2.11µg (14.08%)