

Stuffed Jalapenos with Smoked Gouda and Pineapple

 **Gluten Free**

READY IN



70 min.

SERVINGS



12

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 6 ounces gouda cheese smoked shredded
- 12 jalapeno fresh
- 0.5 cup pineapple rings canned crushed drained
- 1 tablespoon oz. bacon into pieces

Equipment

- bowl

- frying pan
- baking sheet
- oven
- knife
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut a slice off the stem end of each pepper, and use a sharp paring knife or pepper corer to scoop out the veins and seeds from the peppers (wear rubber gloves and avoid touching your eyes or nose).
- Mix together the cream cheese, Gouda cheese, bacon bits, pineapple, and about 1 teaspoon of reserved pineapple juice, or as needed to make a workable filling, in a bowl until thoroughly blended. Using a small spoon, stuff the hollow peppers with the cheese mixture.
- Place a rack or several disposable foil bread pans upside down onto a baking sheet. (See notes for how to make a pepper rack from a foil pan.) Stand the peppers, stem sides up, into the rack, and bake in the preheated oven until the peppers are softened and the filling is hot and bubbly, 30 to 45 minutes.

Nutrition Facts

■ PROTEIN 15.8% ■ FAT 73.56% ■ CARBS 10.64%

Properties

Glycemic Index:7.17, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:4.4330435097218%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 127.28kcal (6.36%), Fat: 10.57g (16.26%), Saturated Fat: 6.41g (40.06%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.95g (1.07%), Sugar: 2.68g (2.98%), Cholesterol: 36.08mg (12.03%), Sodium: 193.43mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Vitamin C: 17.31mg (20.99%), Calcium: 120.44mg (12.04%), Phosphorus: 101.78mg (10.18%), Vitamin A: 488.32IU (9.77%), Vitamin B2: 0.1mg (6.01%), Selenium: 3.77µg

(5.38%), Vitamin E: 0.7mg (4.66%), Zinc: 0.67mg (4.5%), Vitamin B12: 0.26µg (4.33%), Vitamin B6: 0.09mg (4.31%), Vitamin K: 3.37µg (3.21%), Potassium: 86.17mg (2.46%), Magnesium: 9.04mg (2.26%), Folate: 8.83µg (2.21%), Vitamin B5: 0.2mg (2%), Fiber: 0.49g (1.96%), Vitamin B1: 0.02mg (1.46%), Copper: 0.02mg (1.15%), Vitamin B3: 0.23mg (1.13%)