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Jalapeno Popper Recipe ·

This recipe is a delicious twist on classic jalapeno poppers. It combines spicy jalapenos with a creamy cheese filling and crispy bacon. Perfect for parties or game day!

Recipe Type: Standard	Prep Time: 20 mins
Cook Time: 15 mins	Total Time: 35 mins
Recipe Yield: 500 grams	Number of Servings: 10
Serving Size: 50 g	

Ingredients

6 pieces	Jalapenos
8 oz	cream cheese
1 c	Cheddar Cheese
12 slices	bacon
1 tsp	Garlic powder

1 tsp	Onion powder
1 c	panko breadcrumbs
1 large	Egg
2 c	vegetable oil

Directions

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Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the jalapenos in half lengthwise and remove the seeds and membranes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a mixing bowl, combine the cream cheese, cheddar cheese, garlic powder, and onion powder. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Filling

Fill each jalapeno half with the cheese mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Wrapping

Wrap each jalapeno half with a slice of bacon.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Preparation

In a shallow bowl, beat the egg. In another shallow bowl, place the panko breadcrumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Coating

Dip each bacon-wrapped jalapeno in the beaten egg, then coat it with the panko breadcrumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Frying

Heat vegetable oil in a deep fryer or large skillet over medium heat. Fry the jalapeno poppers until the bacon is crispy and the cheese is melted, about 5-7 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 9

Draining

Remove the jalapeno poppers from the oil and place them on a paper towel-lined plate to drain excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Serving

Serve the jalapeno poppers hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 7g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	35 mg	N/A	N/A

Vitamins

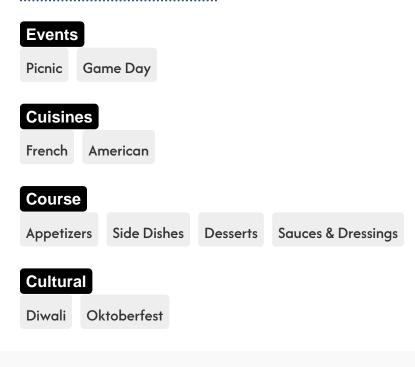
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes





Over \$50

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Demograph	ics			
Kids Friendly	Teen Friendly	Lactation Friendly	Diabetic Friendly	
Heart Healthy				
Diet				
Mediterranear	n Diet DASH D	Diet (Dietary Approacl	nes to Stop Hypertension)	
Flexitarian Die	t Ornish Diet			
Meal Type Snack Dinne Difficulty Le Easy				
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