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Jalapeno Recipe ♦♦

This recipe is a spicy and flavorful dish made with jalapenos. It can be enjoyed as an appetizer or added to various dishes for an extra kick of heat. The jalapenos are stuffed with a delicious filling and baked until they are tender and slightly charred. Serve them hot and enjoy the burst of flavors!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Jalapenos
100 g	cream cheese
50 g	cheddar cheese
4 slices	bacon
1 tsp	garlic powder

1 tsp onion powder

1 tsp salt

Directions

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 bowl, mix together cream cheese, cheddar cheese, garlic powder, onion powder, and salt.

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: 20 mins

Step 6

Baking

Place the bacon-wrapped jalapenos on a baking sheet and bake for 20 minutes, or until the bacon is crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Cooling

Remove from the oven and let them cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Picnic

Course

Appetizers

Main Dishes

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Cost

Under \$10

Demographics

Teen Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Beverly Hills Diet

The F-Plan Diet

The Werewolf Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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