

Jalapeno Poppers

A spicy side dish that will leave your family and guests wanting more. Jalapenos stuffed with cream cheese and wrapped in bacon then grilled (or baked) until slightly crunchy! With the fat-free cream cheese & thinner slices of bacon, each popper has 5 grams protein and only 4 grams fat. I found that even turkey bacon did not lower the fat and was actually higher in sodium, so I went with the real deal. ENJOY!

Ingredients:

6 regular Raw jalapenos, rinsed, cut in half long ways, deseeded
 8 oz Fat free cream cheese
 1 tbsp Garlic powder
 1 large Green onion, finely chopped
 12 slices Uncured bacon (I get the thinner slices from 100% pork raised with no hormones)

Directions:

1. Cut the jalapenos in half long ways. Scoop out and discard the seeds with a spoon.
2. Mix the cream cheese, garlic powder, and green onion together.
3. Fill each jalapeno half with 1 tbsp cream cheese mixture. Then wrap each stuffed jalapeno completely with one slice bacon, ensuring the cheese is covered. Stick the jalapeno with a toothpick to secure the bacon.

Grilling:

4. Preheat the grill on low-medium heat.
5. Place poppers on the grill cut side down for 5-6 minutes- cook on this side first, because the cream cheese has not softened yet and will not run out. Then flip and cook another 5-6 minutes or until cream cheese and jalapeno is hot throughout.

**Use foil on the grill if worried about the cream cheese dripping out of the poppers.

Baking:

4. Preheat the oven 425 degrees F. Line baking sheet with aluminum foil or parchment paper and spray with cooking spray. Bake about 20-13 minutes or until bacon is cooked and cream cheese is hot throughout. For the last 1-2 minutes, turn the oven up to broil to get crispy bacon.

Servings: 12 poppers
 Serving size: 1 popper

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Nutrition Facts		
Serving Size: 1 Jalapeno Popper		
Amount Per Serving		% Daily Value*
Calories	72.3 kcal	4 %
Total Fat	4 g	6 %
Saturated Fat	1.3 g	6 %
Trans Fat	0 g	
Cholesterol	12.5 mg	4 %
Sodium	318.5 mg	13 %
Total Carbohydrate	3.2 g	1 %
Dietary Fiber	0.2 g	1 %
Sugars	1.6 g	
Protein	5.1 g	10 %
Vitamin A	6 %	Vitamin C 14 %
Calcium	4 %	Iron 0 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		