

Bacon Wrapped Jalapeño Poppers

Ingredients:

½ c cream cheese, softened at room temperature

½ c shredded sharp cheddar cheese ✱

12 jalapeño peppers, halved lengthwise, seeds & membranes removed

12 slices of bacon, cut in ½ crosswise

24 wooden toothpicks soak in water before using so they won't burn

✱ (You can use just cream cheese)



Graphic source: <http://www.popcults.com/wp-content/uploads/2013/03/BWJP.jpg>

Directions:

- Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil for easy cleanup and use a wire rack to hold the jalapeños above the baking sheet and out of the bacon grease.
- Mix cream cheese and cheddar cheese together in a bowl until evenly blended.
- Fill each jalapeño half with the cheese mixture & wrap each pepper with a slice of bacon. Use a toothpick to secure the bacon around the pepper. Arrange bacon-wrapped peppers on the prepared baking sheet.
- Bake in the preheated oven until bacon is crispy, about 15 minutes.

Yield = 24 Poppers

Nutritional Info:

Jalapeños peppers, seeds & membranes removed: 1 oz = 8 kcals & 2 carbs

One pepper: 0.5 oz = 4 kcals & 1 carb

Bacon: 1 oz = 153 kcals & 0.4 carbs

One medium slice: 0.03 oz = 46 kcals & 0.1 carbs

One thick slice: 0.04 oz = 61 kcals & 0.2 carbs

Cream cheese: 8 oz (1 c) = 792 kcals & 6 carbs

Cheddar cheese: 8 oz (2 c shredded) = 911 kcals & 2.9 carbs

12 peppers = 48 kcals & 12 carbs

12 slices Med. Bacon = 552 kcals & 1.2 carbs

8 oz cream cheese = 792 kcals & 6 carbs

Grand Total = 1392 kcals & 19.2 carbs

½ pepper = 58 kcals & 0.8 carbs