Jalapeno Poppers

2 servings
30 minutes

Ingredients

6 Jalapeno Pepper
3/4 cup Goat Cheese
3 1/2 ozs Prosciutto

Nutrition

Amount per serving	
Calories	224
Fat	15g
Saturated	9g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	4g
Fiber	1g
Sugar	3g
Protein	19g
Cholesterol	51mg
Sodium	1125mg
Potassium	104mg
Vitamin A	453IU
Vitamin C	50mg
Calcium	35mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	8µg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	11µg
Vitamin B12	0µg
Phosphorous	11mg
Magnesium	6mg

Directions

1. Preheat the oven to 400°F (204°C).

2. Wash and dry the jalapenos. Cut them in half lengthwise and remove the seeds. Stuff each half with goat cheese (about 1 tablespoon per half).

3. Wrap each jalapeno with prosciutto and place on a baking sheet lined with parchment paper.

4. Bake for 15 to 17 minutes or until the prosciutto is crispy. Allow them to cool slightly before serving. Enjoy!

Notes

Dairy-Free: Use a dairy-free cheese such as cashew cheese.

Meat-Free: Omit the prosciutto.

Prep Ahead: Prepare the jalapenos ahead of time and leave refrigerated until ready to bake in the oven.

Serving Size: One serving is equal to 6 jalapenos poppers.

Zinc	0mg
Selenium	0µg