

Baked Jalapeno Poppers

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-wheat-sandwich-bread-recipe-indian>

Ingredients:

- 4 slices whole wheat sandwich bread
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 pinch cayenne pepper
- 1/3 cup whipped cream cheese
- 1/3 cup part skim ricotta cheese
- 1/2 cup grated Monterey Jack cheese packed
- 2 tablespoons minced fresh parsley
- 12 fresh jalapeño peppers medium, halved lengthwise, seeded and de-veined
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 large egg
- 2 tablespoons water

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 55 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 360 milligrams
9. Sugar: 2 grams

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