Bacon & Gruyère Jalapeño Poppers and Why You Should Avoid Factory Farmed Meat

Hands-on 10 minutes Overall 30-35 minutes
Nutritional values (per serving, 6 poppers): Total carbs: 4.7 g, Fiber: 1.2 g, **Net carbs: 3.5 g**, Protein: 24.2 g, Fat: 35.5 g, Calories: 434 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 servings)

- 12 Jalapeño peppers, deseeded (170 g/ 5.9 oz)
- 1 cup ricotta cheese (250 g/ 8.7 oz)
- 1/2 cup Gruyère cheese, grated *or* any hard cheese of choice (60 g/ 2.1 oz)
- 12 slices bacon, cut lenghtwise *or* 24 slices Pancetta, thin cut (360 g/ 12.7 oz)
- 2 tbsp freshly chopped cilantro *or* parsley

Note: The actual fat content will be lower, as some of the bacon fat will be lost during the cooking process. Therefore, the recipe will contain less fat and fewer calories.

Instructions

1. Preheat the oven to 200 °C/ 400 °F. Wash the jalapeños and pat-dry with a towel.
2. Halve and deseed the jalapeños.
3. Mix the grated Gruyère cheese, ricotta and finely chopped cilantro (or parsley).
4. Fill each jalapeño halve with the cheese mixture.
5. If too wide, halve each bacon slice lengthwise. Wrap each jalapeño halve in the bacon slice and place on a baking rack or a baking sheet lined with parchment paper.
6. Bake for 20-25 minutes until golden and crispy.
7. Serve hot or cold - Enjoy!

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