

Low-Carb Bacon & Gruyere Jalapeño Poppers

Hands-on 10 minutes Overall 30-35 minutes

Nutritional values (per serving, 3 poppers): Total carbs: 2.4 g, Fiber: 0.6 g, **Net carbs: 1.7 g**,

Protein: 12.1 g, Fat: 17.8 g, Calories: 217 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings, 24 poppers)

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 lengthwise *or* 24 slices Pancetta, thin cut (360 g/ 12.7 oz)

2 tbsp freshly chopped cilantro *or* parsley

Instructions

1. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). 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 half with the cheese mixture.
5. If too wide, halve each bacon slice lengthwise. Wrap each jalapeño half 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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