

# Jalapeno Chicken Pepper Poppers

---

♥ [lowcarblove.com/blog/jalapeno-chicken-pepper-poppers](https://lowcarblove.com/blog/jalapeno-chicken-pepper-poppers)

March 24, 2022



## Ingredients:

---

- 6-7 jalapenos
- 1 cup shredded chicken
- 4 oz cream cheese
- ½ tsp garlic powder
- Salt and pepper to taste
- ⅓ cup Mexican blend cheese (mixture)
- 2 tbsp, diced
- 4 bacon strips

## Toppings:

- Buffalo sauce or crema or sugar free BBQ sauce
- Cilantro

## Directions:

---

1. Preheat your oven to 375F
2. Half and devein your jalapenos
3. In a medium sized bowl, we're going to make your filling. Add your cream cheese, sour cream, mayo and shredded chicken to a bowl
4. Fill your jalapenos with your cream cheese mixture and wrap each with your bacon!
5. Top some with cheese if you like!
6. Place them in your oven for 8-10 mins until golden brown!
7. Top with your favorite dressing. I used sugar free barbecue sauce!

## Nutrition:

---

Nutrition for (recipe):

- Calories - 68
- Fat - 5.6g
- Protein - 7.8g
- Net Carbs - 0.8g