

# Cheesy Stuffed Jalapeños

U.S. cream cheese balances the spiciness in these crunchy appetizers that go great with a beer!



## INGREDIENTS

(Makes 22 peppers)

Jalapeño Peppers	22
<b>U.S. Pepper Jack, shredded</b>	<b>240g</b>
<b>U.S. Cream Cheese</b>	<b>240g</b>
Flour	160g
<b>U.S. Whole Milk</b>	125ml
Eggs	2
Cumin, ground	1g
Panko Japanese Style Bread Crumbs	150g

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	234kcal
<b>Total Fat</b>	13g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	65mg
<b>Total Carbohydrates</b>	21g
Dietary Fiber	1g
Sugars	2g
<b>Protein</b>	9g
Calcium	171mg
Magnesium	10mg
Phosphorus	72mg
Potassium	129mg
Sodium	243mg
Iron	1mg
Vitamin A	682IU
Vitamin C	28mg

## PREPARATION

1. **Heat deep fat fryer\* to 180°C (350°F).**
  2. **Slice peppers lengthwise without cutting all the way through to form pockets, leaving the stem on.**
  3. **Open peppers and remove seeds and some membrane.**
  4. **Blend together the pepper jack and the cream cheese. Fill pepper cavities with cheese mixture and press together to close.**
  5. **In a medium bowl, whisk together the flour, milk, eggs, and cumin to form a batter.**
  6. **Place bread crumbs in a separate bowl.**
  7. **Dip filled peppers into the batter, roll into bread crumbs, place on parchment paper-lined pan, and freeze for at least one hour.**
  8. **Deep fry the breaded peppers until golden brown, about 2-3 minutes.**
  9. **Transfer to drip rack and let cool slightly before serving.**
- \*Can be pan fried as well; do in batches to avoid overcrowding the pan.*

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.