

Herbed Cheese-Stuffed Baby Peppers

50 Colorful Snacks
Food Network Magazine

16 baby bell peppers
2 cups mixed fresh herbs (parsley,
chives and/ or dill)
4 ounces cream cheese
4 ounces goat cheese
zest of one lemon
juice of one lemon
2 tablespoons olive oil
salt (to taste)
pepper (to taste)
mixed herbs (for garnish)

Cut the peppers in half lengthwise. Remove the seeds and membranes.

In a food processor, puree the mixed herbs, cream cheese, goat cheese, lemon zest, lemon juice and olive oil.

Season with salt and pepper.

Transfer to a resealable plastic bag. Snip off one corner of the bag.

Pipe the filling into the peppers.

Garnish with more herbs.

Per Serving (excluding unknown items): 1147 Calories; 107g Fat (83.2% calories from fat); 43g Protein; 5g Carbohydrate; 0g Dietary Fiber; 243mg Cholesterol; 727mg Sodium. Exchanges: 6 Lean Meat; 18 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1147	Vitamin B6 (mg):	.1mg
% Calories from Fat:	83.2%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	1.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.9%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	107g	Folacin (mcg):	19mcg
Saturated Fat (g):	56g	Niacin (mg):	3mg
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	243mg	% Refuse:	0 0%

Carbohydrate (g): 5g
 Dietary Fiber (g): 0g
 Protein (g): 43g
 Sodium (mg): 727mg
 Potassium (mg): 190mg
 Calcium (mg): 1106mg
 Iron (mg): 4mg
 Zinc (mg): 2mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 2242IU
 Vitamin A (r.e.): 674 1/2RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 6
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 18
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1147 **Calories from Fat:** 954

% Daily Values*

Total Fat 107g	164%
Saturated Fat 56g	282%
Cholesterol 243mg	81%
Sodium 727mg	30%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Protein 43g	
Vitamin A	45%
Vitamin C	0%
Calcium	111%
Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.