



## KETO PICKLE POPPER RECIPE

With Football Season upon us, and epic tailgating parties and potlucks an eventuality you will want to make this recipe more than once this year. This Keto-friendly Pickle Popper Recipe will be a hit at the party, even among your non-Keto friends and family. This is a fun alternative to Jalapeno Poppers and Potato Skins, and the pickles and extra sodium will help you if you are experiencing muscle cramps or even the Keto Flu.

The only real trick to making these is to make sure that you bake them long enough to make the bacon crisp, and to use an oven rack on your pan. You will definitely want to listen to the advice to line the baking sheet with foil beforehand, as this will save you SO MUCH time later when it comes to cleaning the dishes later.

All of the ingredients used here in this Pickle Popper recipe should all be readily available at all grocery stores, which makes this one of the simplest recipes that we have produced to date. No hunting down obscure ingredients to prepare a fancy dish, you might even already have most of this at home. I recommend 3 of these per serving, but feel free to modify to your needs. The pickles seem to be way more filling the jalapeños in this dish, and I found myself eating 5 before being completely stuffed.

For dipping sauce these pair well with your typical Ranch Dressing, or also some Sour Cream. You can really make whatever dipping sauce you feel like, even a spicy one to kick things up a notch. I even highly encourage some creativity with this recipe, and I can see people also opting to put diced jalapeños into the cream cheese mixture instead of the chives, and simple modifications like that.



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Ease of Preparation: Easy

Prep Time: 15 Minutes

Cooking Time: 40 Minutes

Total Time: 65 Minutes

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>3 Poppers</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>290</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 15g	<b>75%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 1430mg	<b>62%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	<b>30%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients:

- 6 Medium Dill Pickles (Halved)
- 6 Ounces Cream Cheese
- 3/4 Cup Cheddar Cheese (Shredded)
- 1 TBSP Chives
- 1/2 TBSP Red Pepper Flakes
- 12 Slices Smoked Bacon
- Favorite Dipping Sauces

#### **Instructions:**

1. Pre-Heat the Oven to 400°F.
2. Slice your Pickles in half, and gut out the seedy section in the middle using a teaspoon.
3. Pat the Pickles dry in all around with a paper towel to remove excess moisture.
4. In a Large Mixing Bowl combine the Cream Cheese, Cheddar Cheese, Chives, and Red Pepper Flakes, and blend with a hand mixer for about 1 minute.
5. Fill the middle of the pickles with the Cream Cheese Mixture, I find this easiest to do by hand, but feel free to use a pastry bag if you want to get fancy.
6. On a Large Baking Sheet cover it with Aluminum Foil, and a Wire Baking Rack. This will all allow for even cooking and easy cleanup later. If you don't have a baking rack you won't really get the bottoms of the poppers equally crispy, but they will still turn out okay.
7. Wrap the pickles in bacon in a spiral manner and place onto the Baking Rack.
8. Bake in the oven at 400°F for about 35-40 minutes, but this will vary depending on how long it takes for your particular bacon to crisp up. I use Kirkland Signature Bacon from Costco, which is rather thick and that may add to the baking time in my case.
9. Remove from the oven and allow to cool on the counter for about 5 minutes before serving.
10. Pair with your favorite dipping sauces.

*SPECIAL NOTE: Go wild with this one and experiment with different ingredients in the Cream Cheese mixture.*

