

DINNER

Baked Chiles Rellenos

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
75 min	8	\$2.40	362 kcal



Baked Chiles Rellenos requires roughly 1 hour and 15 minutes from start to finish. For \$2.4 per serving, you get a main course that serves 8. One serving contains 362 calories, 23g of protein, and 25g of fat. This recipe is liked by 1 foodies and cooks. It is brought to you by My Recipes.

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 1 cup crumbled cotija cheese
- ☐ 1/3 cup flour
- ☐ 1 teaspoon minced fresh oregano leaves
- ☐ 1/2 teaspoon salt
- ☐ 3/4 pound fresh high-quality Mexican chorizo
- ☐ 12 eggs
- ☐ 1 cup freshly shredded jack cheese
- ☐ 8 poblano chiles

EQUIPMENT Bowl, Frying pan, Baking sheet, Paper towels, Oven, Whisk, Plastic wrap, Baking pan, Aluminum foil, Broiler

Method

- 1 Preheat broiler.
- 2 Lay chiles in a single layer on a baking sheet. Cook about 4 in. from broiler until chiles are blistering and black, about 5 minutes. Turn chiles over and broil until blistering and black all over, about 5 minutes. Put chiles in a large metal bowl and cover with foil or plastic wrap.
- 3 Let sit 15 minutes.
- 4 Peel chiles and discard skins.
- 5 Cut off stem ends and discard; remove seeds. Set chiles aside on layers of paper towels to dry.
- 6 Meanwhile, in a large frying pan over medium-high heat, cook chorizo, stirring occasionally to break up the meat, until cooked through, about 4 minutes.
- 7 Preheat oven to 37
- 8 In a large bowl, mix chorizo, cotija, and oregano. Stuff chiles with mixture and lay them in an 8- by 12-in. baking dish.
- 9 In a large bowl, whisk eggs until they are thoroughly broken up and uniform in color and texture.
- 10 Whisk in flour, baking powder, and salt.
- 11 Sprinkle chiles with 1/2 the jack cheese.
- 12 Pour egg mixture over chiles and sprinkle with remaining jack.
- 13 Bake until top starts to brown and the eggs are set but still soft, about 30 minutes.

Nutrition per serving

	362	23 g	25 g	11 g
	KCAL	PROTEIN	FAT	CARBS
Saturated Fat				11.1 g · 70% of daily needs
Fibre				2.3 g · 9% of daily needs
Sugar				3.2 g · 4% of daily needs
Sodium				595 mg · 26% of daily needs
Cholesterol				301 mg · 100% of daily needs
Vitamin C				95.7 mg · 116% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/baked-chiles-rellenos-148468