



Baked Chiles Rellenos

READY IN



75 min.

SERVINGS



8

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 pound chorizo fresh
- ☐ 1 cup cotija cheese crumbled
- ☐ 12 eggs
- ☐ 0.3 cup flour
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 teaspoon oregano fresh minced
- ☐ 8 poblano pepper
- ☐ 0.5 teaspoon salt

Equipment

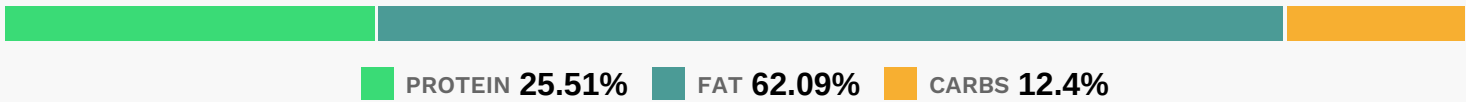
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ 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.
- ☐ Let sit 15 minutes.
- ☐ Peel chiles and discard skins.
- ☐ Cut off stem ends and discard; remove seeds. Set chiles aside on layers of paper towels to dry.
- ☐ 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.
- ☐ Preheat oven to 37
- ☐ In a large bowl, mix chorizo, cotija, and oregano. Stuff chiles with mixture and lay them in an 8-by 12-in. baking dish.
- ☐ In a large bowl, whisk eggs until they are thoroughly broken up and uniform in color and texture.
- ☐ Whisk in flour, baking powder, and salt.

- ☐ Sprinkle chiles with 1/2 the jack cheese.
- ☐ Pour egg mixture over chiles and sprinkle with remaining jack.
- ☐ Bake until top starts to brown and the eggs are set but still soft, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.58, Inflammation Score:-8, Nutrition Score:19.241739045019%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 361.94kcal (18.1%), Fat: 24.72g (38.03%), Saturated Fat: 11.14g (69.6%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 8.83g (3.21%), Sugar: 3.2g (3.55%), Cholesterol: 301.36mg (100.45%), Sodium: 594.72mg (25.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.71%), Vitamin C: 95.68mg (115.98%), Selenium: 26.9µg (38.43%), Vitamin B2: 0.58mg (33.84%), Phosphorus: 297.33mg (29.73%), Calcium: 280.91mg (28.09%), Vitamin B6: 0.47mg (23.72%), Vitamin A: 1140.57IU (22.81%), Vitamin B12: 1.02µg (17.03%), Iron: 2.99mg (16.63%), Folate: 61.59µg (15.4%), Vitamin B5: 1.37mg (13.66%), Zinc: 2.01mg (13.42%), Vitamin B1: 0.17mg (11.1%), Manganese: 0.22mg (10.94%), Vitamin K: 11.26µg (10.73%), Vitamin D: 1.48µg (9.87%), Potassium: 331.25mg (9.46%), Fiber: 2.27g (9.08%), Vitamin E: 1.25mg (8.35%), Copper: 0.15mg (7.29%), Magnesium: 29.16mg (7.29%), Vitamin B3: 1.14mg (5.69%)