



Barley-Stuffed Poblanos

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



422 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups barley drained
- ☐ 28 ounce canned tomatoes whole crushed peeled canned
- ☐ 1.1 teaspoons chili powder divided
- ☐ 3 garlic cloves minced
- ☐ 1 bunch kale thick chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 slices monterrey jack cheese halved reduced-fat
- ☐ 3 tablespoons olive oil divided

- ☐ 1 large onion diced
- ☐ 6 large poblano peppers
- ☐ 0.5 cup pasteurized queso fresco crumbled
- ☐ 0.5 cup cheddar white grated reduced-fat

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ broiler

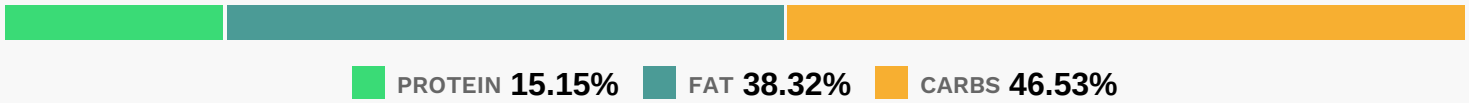
Directions

- ☐ In a large saucepan, heat 1 tablespoon oil over medium heat.
- ☐ Add onion and cook until soft (5–7 minutes).
- ☐ Add barley and 3 3/4 cups water and cook until barley is tender (about 30 minutes). Stir kale and 1/8 teaspoon chili powder into barley until kale is wilted; mix in cheddar.
- ☐ Meanwhile, in a heavy pot, heat remaining oil over medium heat.
- ☐ Add garlic and cook 3 minutes.
- ☐ Add tomatoes, remaining 1 teaspoon chili powder, and salt; bring to a boil. Reduce heat and simmer, stirring occasionally, until sauce thickens (about 30 minutes). Turn heat to low; cover.
- ☐ Preheat broiler with rack in middle position. Slice off stems from peppers to make a wide hole for stuffing; reserve stems. Using a small knife, carefully remove membranes and seeds. Stuff peppers tightly with barley mixture; return stem ends to top of peppers.
- ☐ Place in a large, broiler-proof baking dish; broil until peppers are charred and soft (20 minutes), turning once halfway through.
- ☐ Add tomato sauce to pan around peppers; cover each pepper with 1/2 slice Monterey Jack. Broil until cheese melts (1–2 minutes).

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Transfer peppers to plates with sauce; top each with 1 tablespoon plus 1 teaspoon queso fresco.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:10.55, Inflammation Score:-10, Nutrition Score:34.266086847886%

Flavonoids

Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 7.76mg, Luteolin: 7.76mg, Luteolin: 7.76mg, Luteolin: 7.76mg Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg Kaempferol: 10.42mg, Kaempferol: 10.42mg, Kaempferol: 10.42mg, Kaempferol: 10.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg

Nutrients (% of daily need)

Calories: 421.92kcal (21.1%), Fat: 18.78g (28.89%), Saturated Fat: 7.16g (44.75%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 37.76g (13.73%), Sugar: 9.06g (10.07%), Cholesterol: 28.89mg (9.63%), Sodium: 537.49mg (23.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Vitamin C: 166.72mg (202.08%), Vitamin K: 106.9µg (101.81%), Manganese: 1.41mg (70.32%), Vitamin A: 3331.99IU (66.64%), Fiber: 13.54g (54.18%), Vitamin B6: 0.77mg (38.7%), Calcium: 366.02mg (36.6%), Selenium: 24.74µg (35.34%), Phosphorus: 346.39mg (34.64%), Vitamin B1: 0.5mg (33.28%), Magnesium: 111.48mg (27.87%), Vitamin B2: 0.45mg (26.51%), Potassium: 900.66mg (25.73%), Copper: 0.47mg (23.45%), Iron: 4.16mg (23.13%), Vitamin E: 3.21mg (21.42%), Vitamin B3: 4.21mg (21.03%), Zinc: 2.86mg (19.08%), Folate: 59.27µg (14.82%), Vitamin B12: 0.39µg (6.45%), Vitamin B5: 0.62mg (6.16%), Vitamin D: 0.41µg (2.77%)