



Beef & Macaroni Stuffed Poblanos

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2176 kcal

SIDE DISH

Ingredients

- 0.3 cup original barbecue sauce kraft
- 14.5 oz canned tomatoes diced undrained canned
- 0.5 cup cilantro leaves fresh divided chopped
- 8 singles divided kraft
- 1.5 lb ground beef lean
- 7.3 oz macaroni & cheese dinner kraft
- 1 large onion divided cut in half,
- 2.8 lb poblano chiles split divided peeled seeded

Equipment

- frying pan
- oven
- blender
- baking pan

Directions

- Heat oven to 350F.
- Blend tomatoes, barbecue sauce, half each of the onions and cilantro, and 2 chiles in blender until smooth; pour 2 cups into 13x9-inch baking dish. Set remaining sauce aside. Chop remaining onion.
- Prepare Dinner as directed on package. Stir in 4 Singles until melted. Meanwhile, brown meat with chopped onions in large skillet; drain. Stir meat mixture and remaining cilantro into prepared Dinner; spoon into remaining chiles.
- Place filled chiles over sauce in baking dish; top with remaining sauce. Cover.
- Bake 25 min. or until heated through.
- Cut remaining Singles in half; place over chiles.
- Bake, uncovered, 2 min. or until melted.

Nutrition Facts

 **PROTEIN 34.68%**  **FAT 24.4%**  **CARBS 40.92%**

Properties

Glycemic Index:133, Glycemic Load:68.16, Inflammation Score:-10, Nutrition Score:84.446956758914%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 58.86mg, Luteolin: 58.86mg, Luteolin: 58.86mg, Luteolin: 58.86mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 64.3mg, Quercetin: 64.3mg, Quercetin: 64.3mg, Quercetin: 64.3mg

Nutrients (% of daily need)

Calories: 2175.63kcal (108.78%), Fat: 59.48g (91.5%), Saturated Fat: 16.27g (101.68%), Carbohydrates: 224.36g (74.79%), Net Carbohydrates: 195.39g (71.05%), Sugar: 78.34g (87.04%), Cholesterol: 423.12mg (141.04%), Sodium: 3744.15mg (162.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 190.19g (380.38%), Vitamin C: 1054.97mg (1278.75%), Vitamin B6: 6.18mg (309.05%), Zinc: 40.16mg (267.72%), Phosphorus: 2618.63mg (261.86%), Vitamin B12: 15.24µg (254.01%), Vitamin B3: 47.13mg (235.63%), Potassium: 6215.5mg (177.59%), Selenium: 120.86µg (172.66%), Iron: 29.75mg (165.26%), Manganese: 3.22mg (161%), Vitamin K: 133.38µg (127.03%), Vitamin A: 6025.92IU (120.52%), Fiber: 28.96g (115.86%), Vitamin B2: 1.8mg (105.88%), Magnesium: 419mg (104.75%), Copper: 1.78mg (88.8%), Vitamin B1: 1.27mg (84.75%), Calcium: 739.71mg (73.97%), Vitamin E: 10.31mg (68.72%), Vitamin B5: 6.47mg (64.75%), Folate: 227.01µg (56.75%), Vitamin D: 0.68µg (4.54%)