



Breakfast Stuffed Poblano Peppers

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



1

CALORIES



320 kcal

SIDE DISH

Ingredients

- 1 baby bella mushroom chopped
- 2 eggs
- 1.5 teaspoons cilantro leaves fresh chopped
- 1 green onion finely chopped
- 1 serving salt and ground pepper black to taste
- 1.5 teaspoons milk
- 0.3 cup cheddar-monterey jack cheese blend shredded
- 1 teaspoon olive oil

- 1 poblano pepper – seeds removed stemmed
- 1 small tomatoes diced

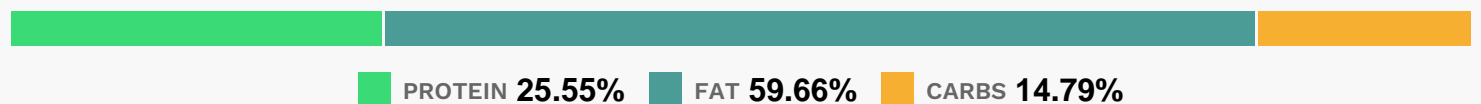
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- toaster

Directions

- Preheat the oven or toaster oven to 450 degrees F (230 degrees C). Lightly grease a baking sheet.
- Lightly coat both sides of poblano pepper with olive oil; place pepper, opened like a butterfly with cut side up, onto the prepared baking sheet.
- Bake in the preheated oven until pepper is tender and skin starts to brown, 20 to 30 minutes.
- Whisk eggs and milk together in a bowl; fold in tomato, mushroom, green onion, cilantro, salt, and black pepper.
- Melt butter in a skillet over medium heat; cook and stir egg mixture in the melted butter until eggs are set, about 5 minutes. Spoon egg mixture into poblano pepper and top with Cheddar–Monterey Jack cheese.
- Bake in the oven until cheese is melted, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:209, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:25.786521704301%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 319.78kcal (15.99%), Fat: 21.6g (33.23%), Saturated Fat: 8.94g (55.9%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 8.47g (3.08%), Sugar: 6.7g (7.45%), Cholesterol: 353.4mg (117.8%), Sodium: 308.72mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.81g (41.63%), Vitamin C: 110.44mg (133.87%), Selenium: 36.53µg (52.19%), Vitamin K: 44.86µg (42.73%), Vitamin A: 2033.23IU (40.66%), Vitamin B2: 0.68mg (40.08%), Phosphorus: 381.55mg (38.16%), Calcium: 303.07mg (30.31%), Vitamin B6: 0.55mg (27.28%), Folate: 84.79µg (21.2%), Potassium: 704.36mg (20.12%), Vitamin B5: 1.95mg (19.46%), Vitamin B12: 1.08µg (17.97%), Zinc: 2.59mg (17.28%), Vitamin E: 2.58mg (17.21%), Manganese: 0.34mg (16.9%), Copper: 0.32mg (15.82%), Iron: 2.69mg (14.92%), Fiber: 3.58g (14.31%), Vitamin D: 2.03µg (13.55%), Vitamin B1: 0.17mg (11.4%), Magnesium: 45.41mg (11.35%), Vitamin B3: 2.04mg (10.19%)