



Breakfast Stuffed Poblano Peppers

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



1

CALORIES



356 kcal

SIDE DISH

Ingredients

- 1 baby bella mushroom chopped
- 1 teaspoon butter or as needed
- 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

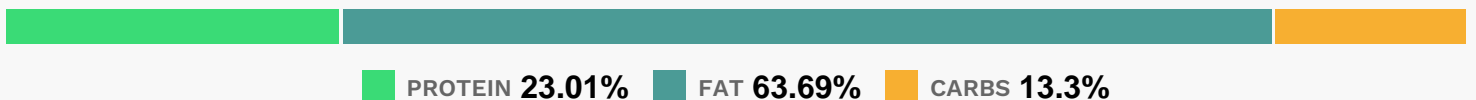
Equipment

- 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:259, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:25.976956491885%

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: 355.63kcal (17.78%), Fat: 25.65g (39.47%), Saturated Fat: 11.51g (71.96%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 8.47g (3.08%), Sugar: 6.71g (7.45%), Cholesterol: 364.15mg (121.38%), Sodium: 340.87mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.71%), Vitamin C: 110.44mg (133.87%), Selenium: 36.58µg (52.26%), Vitamin A: 2158.18IU (43.16%), Vitamin K: 45.21µg (43.06%), Vitamin B2: 0.68mg (40.18%), Phosphorus: 382.76mg (38.28%), Calcium: 304.27mg (30.43%), Vitamin B6: 0.55mg (27.29%), Folate: 84.93µg (21.23%), Potassium: 705.56mg (20.16%), Vitamin B5: 1.95mg (19.52%), Vitamin B12: 1.09µg (18.11%), Vitamin E: 2.7mg (17.98%), Zinc: 2.6mg (17.31%), Manganese: 0.34mg (16.9%), Copper: 0.32mg (15.82%), Iron: 2.69mg (14.93%), Fiber: 3.58g (14.31%), Vitamin D: 2.03µg (13.55%), Vitamin B1: 0.17mg (11.41%), Magnesium: 45.51mg (11.38%), Vitamin B3: 2.04mg (10.2%)