



Café Azul Rajas con Queso

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound jack cheese
- ☐ 1.3 pounds onions
- ☐ 1.3 pounds poblano chilies fresh (also called pasillas)
- ☐ 1 tablespoon salad oil
- ☐ 1 teaspoon salt

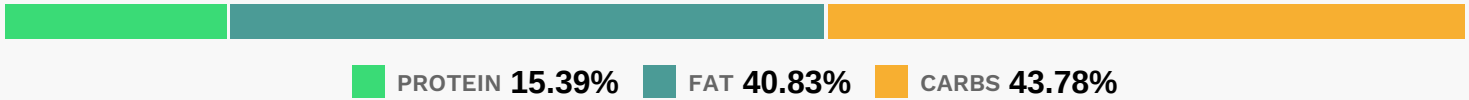
Equipment

- ☐ frying pan

Directions

- ☐ Rinse and dry chilies. Arrange in a single layer in a 10- by 15-inch pan. Broil 4 to 5 inches from heat, turning to char chilies on all sides, about 10 minutes total.
- ☐ Let stand until cool to touch, 8 to 10 minutes. Pull off and discard chili skins, stems, and seeds.
- ☐ Cut chilies lengthwise into thin strips.
- ☐ Meanwhile, peel onions and cut lengthwise into slivers. In a 12-inch frying pan or a 5- to 6-quart pan over medium-high heat, frequently stir onions, oil, and 1 teaspoon salt until onions are lightly browned, 7 to 8 minutes.
- ☐ Add chilies and stir occasionally to blend flavors, about 5 minutes. Season to taste with salt.
- ☐ Thinly slice cheese. See notes for assembly.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:5.06, Inflammation Score:-9, Nutrition Score:14.102173877799%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.18mg, Quercetin: 19.18mg, Quercetin: 19.18mg, Quercetin: 19.18mg

Nutrients (% of daily need)

Calories: 152.74kcal (7.64%), Fat: 7.34g (11.3%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 14.69g (5.34%), Sugar: 9.45g (10.5%), Cholesterol: 13.04mg (4.35%), Sodium: 541.8mg (23.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.45%), Vitamin C: 142.79mg (173.08%), Vitamin B6: 0.61mg (30.3%), Vitamin A: 1053.85IU (21.08%), Manganese: 0.3mg (15.11%), Vitamin K: 15.46µg (14.72%), Calcium: 142.18mg (14.22%), Phosphorus: 140.8mg (14.08%), Potassium: 466.71mg (13.33%), Fiber: 3.02g (12.1%), Folate: 41.01µg (10.25%), Magnesium: 35.73mg (8.93%), Copper: 0.17mg (8.26%), Vitamin B2: 0.14mg (8.2%), Vitamin B1: 0.12mg (7.96%), Vitamin E: 1.15mg (7.66%), Iron: 1.21mg (6.74%), Selenium: 4.59µg (6.56%), Vitamin B3: 1.29mg (6.45%), Zinc: 0.89mg (5.97%), Vitamin B12: 0.32µg (5.29%), Vitamin B5: 0.37mg (3.74%), Vitamin D: 0.51µg (3.4%)