



Cheese and Shrimp-Stuffed Poblanos

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces cheese shredded
- ☐ 0.8 cup skim milk fat-free divided
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 5 garlic minced
- ☐ 0.3 teaspoon pepper red
- ☐ 0.5 cup half and half
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil

- ☐ 8 poblano pepper
- ☐ 1 bell pepper red
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled chopped

Equipment

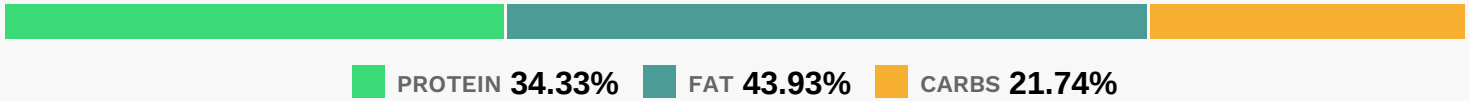
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place bell pepper halves, skin sides up, and whole poblanos on a foil-lined baking sheet. Broil 10 minutes or until blackened, turning poblanos to blacken all sides.
- ☐ Place peppers in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel. Finely chop bell peppers.
- ☐ Cut tops crosswise from poblanos; remove seeds.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle shrimp with 1/4 teaspoon salt.
- ☐ Add shrimp to pan; cook 3 minutes or until done.
- ☐ Remove from pan.
- ☐ Add garlic to pan; saut 30 seconds, stirring constantly.

- ☐ Sprinkle with flour and ground red pepper; cook 1 minute. Slowly add half-and-half, stirring with a whisk. Stir in 1/2 cup milk; cook 1 minute, stirring constantly.
- ☐ Remove from heat; let stand 2 minutes.
- ☐ Add cheese and 1/4 teaspoon salt, stirring until smooth.
- ☐ Place 1/3 cup cheese mixture in a large bowl; reserve remaining cheese mixture.
- ☐ Add bell pepper, shrimp mixture, cilantro, and juice to 1/3 cup cheese mixture in bowl; toss to coat. Stir 1/4 cup fat-free milk into reserved cheese mixture. Spoon 3 tablespoons cheese sauce onto each of 4 plates. Spoon 6 tablespoons shrimp mixture into each poblano.
- ☐ Place 2 stuffed poblanos and two tops on each plate.

Nutrition Facts



Properties

Glycemic Index:67.81, Glycemic Load:3.88, Inflammation Score:0, Nutrition Score:23.847825983296%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 11.4mg, Luteolin: 11.4mg, Luteolin: 11.4mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 373.66kcal (18.68%), Fat: 18.87g (29.04%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 16.12g (5.86%), Sugar: 10.78g (11.97%), Cholesterol: 215.8mg (71.93%), Sodium: 611.4mg (26.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.38%), Vitamin C: 233.18mg (282.64%), Phosphorus: 483.4mg (48.34%), Vitamin A: 2244.18IU (44.88%), Vitamin B6: 0.73mg (36.37%), Calcium: 350.98mg (35.1%), Copper: 0.64mg (31.79%), Potassium: 941.32mg (26.89%), Vitamin K: 25.13µg (23.93%), Manganese: 0.47mg (23.28%), Magnesium: 83.77mg (20.94%), Zinc: 3.08mg (20.54%), Fiber: 4.89g (19.57%), Vitamin B2: 0.32mg (19.07%), Vitamin E: 2.62mg (17.47%), Vitamin B1: 0.22mg (14.96%), Selenium: 9.44µg (13.48%), Folate: 49.93µg (12.48%), Iron: 1.83mg (10.19%), Vitamin B12: 0.55µg (9.15%), Vitamin B3: 1.74mg (8.69%), Vitamin B5: 0.72mg (7.16%), Vitamin D: 0.63µg (4.22%)