



WHATSheATE



Cheese- and Shrimp-Stuffed Roasted Poblanos with Red Bell Pepper Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 8 servings bell pepper red
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 ounces goat cheese fresh soft room temperature
- ☐ 0.5 cup monterrey jack cheese packed grated ()
- ☐ 8 large pepper flakes (each 3 ounces)
- ☐ 0.3 cup bell pepper red chopped

- ☐ 2 tablespoons shallots chopped
- ☐ 8 ounces shrimp deveined cooked peeled coarsely chopped

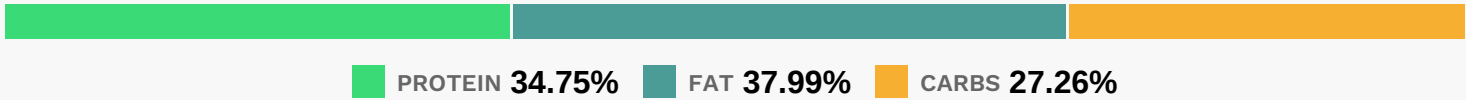
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ broiler

Directions

- ☐ Char poblano chilies over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel chilies. Using small sharp knife, carefully slit chilies open along 1 side.
- ☐ Remove seeds, leaving stems attached.
- ☐ Mix shrimp and next 6 ingredients in medium bowl. Season to taste with salt and pepper. Fill chilies with shrimp mixture, dividing equally. Pull up sides of chilies to enclose filling.
- ☐ Place stuffed chilies on baking sheet. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 350°F.
- ☐ Bake chilies uncovered until heated through and cheeses melt, about 15 minutes. Spoon 3 tablespoons Red Bell Pepper Sauce onto each of 8 plates.
- ☐ Place 1 stuffed chili atop sauce on each.
- ☐ Garnish with basil leaves, if desired, and serve.
- ☐ * Fresh green chilies, also known as pasillas; available at Latin American markets and some supermarkets

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:15.405652214652%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 128.38kcal (6.42%), Fat: 5.71g (8.79%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 6.79g (2.47%), Sugar: 6.07g (6.74%), Cholesterol: 58.45mg (19.48%), Sodium: 135.86mg (5.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Vitamin C: 166.3mg (201.58%), Vitamin A: 3140.74IU (62.81%), Vitamin B6: 0.51mg (25.43%), Phosphorus: 170.07mg (17.01%), Copper: 0.29mg (14.64%), Folate: 50.99µg (12.75%), Vitamin K: 13.02µg (12.4%), Potassium: 406.51mg (11.61%), Vitamin B2: 0.19mg (11.08%), Vitamin E: 1.61mg (10.75%), Manganese: 0.21mg (10.53%), Calcium: 104.39mg (10.44%), Fiber: 2.43g (9.71%), Magnesium: 34.82mg (8.7%), Iron: 1.32mg (7.33%), Vitamin B3: 1.41mg (7.06%), Zinc: 1.05mg (7.01%), Vitamin B1: 0.09mg (5.86%), Vitamin B5: 0.46mg (4.61%), Selenium: 1.76µg (2.51%), Vitamin B12: 0.09µg (1.43%)