



Cheese-Stuffed Peppers: Chile Rellenos

 Vegetarian  Gluten Free

READY IN



58 min.

SERVINGS



8

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 inch anaheim peppers seeds removed
- 1 cup cornmeal blue
- 1 teaspoon rosemary leaves fresh minced (stripped from 1 or 2 large sprigs)
- 3 large sage leaves fresh minced
- 1 tablespoon thyme leaves fresh minced (stripped from 4 or 5 sprigs)
- 4 ounces goat cheese crumbled
- 4 tablespoons grapeseed oil (2 tablespoons to brush on peppers and 2 to saute)
- 1 cup monterrey jack cheese grated (from a 6-ounce piece before grating)

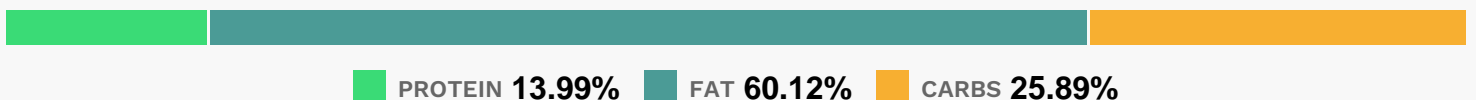
Equipment

- bowl
- frying pan
- oven
- roasting pan
- aluminum foil
- ziploc bags
- tongs

Directions

- Preheat oven to 450 degrees F.
- Brush peppers with 2 tablespoons of the oil (reserving the balance of the oil) and roast until blackened, about 10 minutes.
- Remove and cover roasting pan with foil or use tongs to transfer peppers to a plastic bag.
- Let "sweat" for 15 minutes. This will help you remove the skin from the pepper.
- In a small bowl, mix jack cheese, goat cheese, thyme, rosemary, and sage, and mash together.
- Peel charred skin from peppers and stuff each pepper with about 2 tablespoons of the cheese/herb mixture.
- Heat the remaining 2 tablespoons of the oil over medium heat in a large skillet.
- Spread blue cornmeal on a piece of waxed paper and roll stuffed peppers to coat with cornmeal. Sear coated peppers on all sides, leaving undisturbed for the first 2 minutes to allow the cornmeal to integrate into the surface of the peppers and to allow the caramelization process to begin to prevent crusting off of the cornmeal.
- Transfer to a platter and let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:8.71, Inflammation Score:-7, Nutrition Score:6.0247826394827%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 229.92kcal (11.5%), Fat: 15.45g (23.77%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 12.9g (4.69%), Sugar: 0.59g (0.66%), Cholesterol: 19.09mg (6.36%), Sodium: 146.25mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.19%), Phosphorus: 144.66mg (14.47%), Vitamin E: 2.15mg (14.35%), Calcium: 130.09mg (13.01%), Copper: 0.21mg (10.37%), Vitamin B6: 0.17mg (8.35%), Fiber: 2.08g (8.31%), Manganese: 0.16mg (7.99%), Zinc: 1.19mg (7.91%), Vitamin B2: 0.13mg (7.74%), Magnesium: 28.79mg (7.2%), Iron: 1.12mg (6.23%), Vitamin A: 296.98IU (5.94%), Selenium: 3.64µg (5.2%), Vitamin B1: 0.07mg (4.81%), Vitamin B3: 0.58mg (2.91%), Folate: 11.41µg (2.85%), Vitamin B5: 0.25mg (2.48%), Potassium: 84.6mg (2.42%), Vitamin B12: 0.14µg (2.4%), Vitamin C: 1.71mg (2.07%)