



Cheese-Stuffed Poblanos with Tomato Sauce

 Vegetarian

READY IN



300 min.

SERVINGS



4

CALORIES



625 kcal

SIDE DISH

Ingredients

- ☐ 2 cups vegetable oil
- ☐ 4 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 2 large garlic clove
- ☐ 2.5 cups monterrey jack cheese grated
- ☐ 1 teaspoon oregano dried (preferably Mexican)
- ☐ 1 pound poblano pepper fresh
- ☐ 4 servings rice white

- ☐ 1 teaspoon sugar
- ☐ 1.5 pounds tomatoes coarsely chopped
- ☐ 1 cup water
- ☐ 1 tablespoon vinegar white
- ☐ 0.3 cup onion white chopped

Equipment

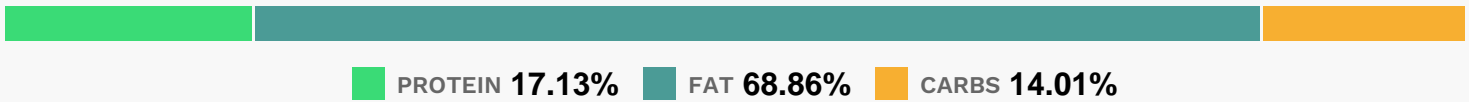
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Roast chiles on their sides on racks of gas burners (1 or 2 per burner) over medium-high heat, turning with tongs, until skins are blistered and slightly charred, 4 to 6 minutes. (Or broil on rack of a broiler pan about 2 inches from heat.) Immediately transfer to a large bowl and cover, then let stand 20 minutes.
- ☐ Purée all sauce ingredients except oil with 1 1/4 teaspoons salt in a blender until smooth, then strain through a medium-mesh sieve into a bowl, pressing on solids, then discarding them.
- ☐ Heat oil in a deep 12-inch heavy skillet or heatproof casserole (preferably one that can go to the table) over medium-high heat until it shimmers. Carefully pour in sauce and simmer gently, stirring occasionally, 10 minutes (sauce should still be thin). Season with salt.

- ☐ Carefully rub off skins from chiles, leaving stems attached.
- ☐ Cut a slit lengthwise in each chile with kitchen shears, then carefully cut out seedpod (including attached ribs) without tearing chile (hotter chiles smell stronger when cut). Wipe chiles clean with a paper towel if necessary.
- ☐ Stuff chiles with cheese and enclose filling by overlapping slit slightly if possible, then transfer to a plate. (Use a toothpick to mark any hotter chiles if desired.)
- ☐ Heat 1/2 inch oil in another 12-inch heavy skillet over medium heat until it registers 360°F on thermometer.
- ☐ While oil heats, beat egg whites with 1/8 teaspoon salt using an electric mixer until they just hold stiff peaks.
- ☐ Whisk yolks with 1/8 teaspoon salt in a large bowl, then gently fold in whites.
- ☐ Put flour in a fine-mesh sieve and dust chiles, turning them to lightly coat all sides.
- ☐ When oil is ready, dip chiles, 1 at a time (hold chile by stem), in egg coating, spooning it over chile to cover completely, then fry, turning once, until golden on all sides (lap oil over any lighter areas), 4 to 5 minutes.
- ☐ Transfer chiles with a slotted spoon to paper towels to drain.
- ☐ Meanwhile, reheat sauce over low heat.
- ☐ Lay chiles in sauce to serve.

Nutrition Facts



Properties

Glycemic Index:98.32, Glycemic Load:8.05, Inflammation Score:-10, Nutrition Score:29.430434807487%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 5.34mg, Luteolin: 5.34mg, Luteolin: 5.34mg, Luteolin: 5.34mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 625.16kcal (31.26%), Fat: 48.61g (74.79%), Saturated Fat: 18.52g (115.75%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 17.65g (6.42%), Sugar: 9.21g (10.24%), Cholesterol: 248.86mg (82.95%), Sodium: 510.69mg (22.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.41%), Vitamin C: 115.69mg (140.24%), Vitamin K: 67.03µg (63.84%), Calcium: 599.69mg (59.97%), Vitamin A: 2658.43IU (53.17%), Phosphorus: 491.76mg (49.18%), Selenium: 28.7µg (41%), Vitamin B2: 0.61mg (36.13%), Vitamin B6: 0.57mg (28.59%), Vitamin E: 3.93mg (26.2%), Manganese: 0.48mg (24.17%), Folate: 90.57µg (22.64%), Zinc: 3.32mg (22.13%), Potassium: 764.31mg (21.84%), Fiber: 4.61g (18.43%), Vitamin B12: 1.03µg (17.19%), Iron: 2.84mg (15.75%), Vitamin B1: 0.23mg (15.25%), Magnesium: 60.44mg (15.11%), Copper: 0.27mg (13.43%), Vitamin B5: 1.25mg (12.49%), Vitamin B3: 2.18mg (10.9%), Vitamin D: 1.42µg (9.49%)