



Chicken and Cheese Chilies

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings crème fraîche sour
- ☐ 2 teaspoons garlic minced
- ☐ 4 oz chilies diced green canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 5 oz jack cheese shredded with chilies
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 pound poblano chilies fresh rinsed (also called pasillas; 6 to 8, equal-size)

- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 servings salt
- ☐ 0.3 cup tomatoes chopped
- ☐ 2 boned cut into quarters ()

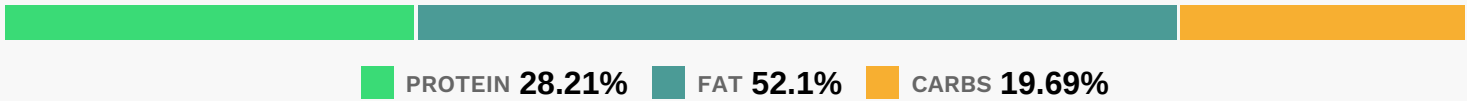
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Rinse chicken and pat dry. In a 10- to 12-inch nonstick frying pan over medium heat, combine chicken, onion, tomato, oil, garlic, and cumin. Stir often until chicken is slightly pink in center of thickest part (cut to test), 6 to 10 minutes.
- ☐ Let stand until chicken is cool enough to touch, then tear meat into shreds. Return to pan.
- ☐ Add bell pepper, canned chilies, and cheese; mix.
- ☐ Wearing rubber gloves, cut poblanos in half lengthwise. With a knife, cut seed lump from beneath the stem inside each chili, leaving stem end in place (to form a cup). Pull out and discard veins.
- ☐ Mound chicken mixture equally in chili halves. Set chilies in an oiled 9- by 13-inch casserole, filling it. Cover tightly with foil.
- ☐ Bake in a 375 oven until the poblanos are tender when pierced, about 35 minutes.
- ☐ Serve chilies with a spatula.
- ☐ Add crme frache and salt to taste.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:17.622173879458%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 223.43kcal (11.17%), Fat: 13.3g (20.46%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 9.42g (3.43%), Sugar: 6.54g (7.27%), Cholesterol: 52.21mg (17.4%), Sodium: 393.04mg (17.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.4%), Vitamin C: 146.46mg (177.53%), Vitamin B6: 0.84mg (41.8%), Vitamin A: 1415.93IU (28.32%), Vitamin B3: 5.27mg (26.33%), Phosphorus: 243.08mg (24.31%), Selenium: 16.62µg (23.74%), Calcium: 211.1mg (21.11%), Vitamin K: 16.35µg (15.58%), Potassium: 532.12mg (15.2%), Vitamin B2: 0.24mg (14.29%), Manganese: 0.24mg (12.01%), Magnesium: 42.73mg (10.68%), Vitamin E: 1.31mg (8.72%), Folate: 34.58µg (8.65%), Vitamin B5: 0.86mg (8.64%), Zinc: 1.28mg (8.54%), Iron: 1.5mg (8.36%), Copper: 0.16mg (7.81%), Fiber: 1.89g (7.55%), Vitamin B1: 0.11mg (7.53%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.18µg (1.2%)