



## Chile Rellenos

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 anaheim chile peppers peeled
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon canola oil
- 1 pound cheddar cheese cut into strips
- 1 eggs beaten
- 0.5 cup flour all-purpose for coating
- 1 cup milk

1 teaspoon salt

## Equipment

bowl

frying pan

## Directions

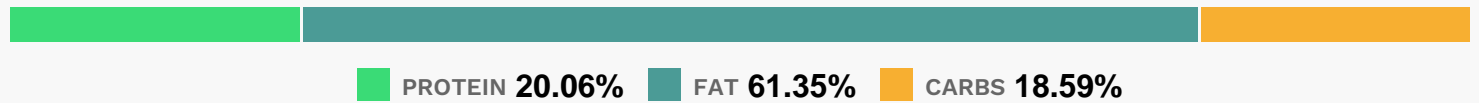
Remove seeds and membranes from peppers. Stuff each pepper with a strip of cheese.

In a small bowl combine milk, the 1 cup flour, egg, baking powder, baking soda, salt and canola oil; mix well to make a batter.

Pour enough oil in heavy frying pan to reach 1 inch in depth and heat over medium-high heat.

Roll each pepper in the remaining flour and dip in the batter. Fry until lightly browned on both sides.

## Nutrition Facts



## Properties

Glycemic Index:58, Glycemic Load:10.71, Inflammation Score:-7, Nutrition Score:21.6034784628%

## Nutrients (% of daily need)

Calories: 626.6kcal (31.33%), Fat: 42.71g (65.7%), Saturated Fat: 23.35g (145.93%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 23.13g (8.41%), Sugar: 8.99g (9.98%), Cholesterol: 161.64mg (53.88%), Sodium: 2301.15mg (100.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.85%), Calcium: 944.38mg (94.44%), Phosphorus: 641.54mg (64.15%), Selenium: 41.93µg (59.9%), Vitamin B2: 0.71mg (41.87%), Zinc: 4.66mg (31.1%), Vitamin B12: 1.63µg (27.16%), Vitamin A: 1294.47IU (25.89%), Vitamin C: 20.16mg (24.44%), Fiber: 5.97g (23.87%), Folate: 57.58µg (14.39%), Vitamin B1: 0.19mg (12.94%), Magnesium: 42.98mg (10.74%), Vitamin D: 1.57µg (10.48%), Vitamin B5: 0.93mg (9.33%), Vitamin E: 1.18mg (7.87%), Vitamin B6: 0.14mg (7.05%), Iron: 1.21mg (6.74%), Manganese: 0.13mg (6.25%), Potassium: 211.04mg (6.03%), Vitamin B3: 1.05mg (5.27%), Vitamin K: 3.7µg (3.52%), Copper: 0.07mg (3.45%)