



Chiles En Nogada

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz tomato sauce canned
- 4 oz philadelphia cream cheese cubed softened ()
- 2 cloves garlic minced
- 2 granny smith apples peeled
- 0.1 tsp ground mexican cinnamon (canela)
- 2 lb ground pork
- 0.5 cup milk
- 2 tsp oil

- 1 onion chopped
- 8 large poblano chiles deveined peeled
- 0.5 cup pomegranate seeds
- 0.5 cup raisins
- 2 Tbsp sugar
- 0.5 cup planters walnuts toasted chopped

Equipment

- frying pan
- oven
- blender
- baking pan

Directions

- Heat oven to 350F.
- Shred 1 apple; chop remaining apple.
- Heat oil in large skillet on medium-high heat.
- Add onions and garlic; cook 3 min., stirring frequently.
- Add meat; cook 5 min., stirring frequently.
- Drain meat mixture; return to skillet.
- Add shredded apples and tomato sauce; cook on medium-low heat 10 min., stirring occasionally.
- Remove from heat. Stir in raisins and chopped apples.
- Fill chiles with meat mixture; place in shallow baking dish sprayed with cooking spray. Cover.
- Bake 20 to 25 min. or until heated through. Meanwhile blend cream cheese, milk, nuts, sugar and cinnamon in blender until smooth.
- Drizzle cream cheese mixture over chiles just before serving; top with pomegranate seeds.

Nutrition Facts



■ PROTEIN 17.67% ■ FAT 59.26% ■ CARBS 23.07%

Properties

Glycemic Index:42.99, Glycemic Load:8.39, Inflammation Score:-8, Nutrition Score:21.413478193076%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 6.23mg, Luteolin: 6.23mg, Luteolin: 6.23mg, Luteolin: 6.23mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 425.31kcal (21.27%), Fat: 28.74g (44.21%), Saturated Fat: 10.21g (63.78%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 20.3g (7.38%), Sugar: 12.9g (14.33%), Cholesterol: 78.23mg (26.08%), Sodium: 205.81mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.55%), Vitamin C: 111.69mg (135.38%), Vitamin B1: 0.8mg (53.32%), Vitamin B6: 0.76mg (38.21%), Selenium: 24.19µg (34.55%), Phosphorus: 252.34mg (25.23%), Vitamin B3: 5.03mg (25.17%), Manganese: 0.47mg (23.34%), Potassium: 753.15mg (21.52%), Vitamin B2: 0.35mg (20.44%), Fiber: 4.87g (19.5%), Zinc: 2.59mg (17.24%), Vitamin A: 783.25IU (15.66%), Copper: 0.3mg (14.99%), Vitamin K: 13.63µg (12.98%), Magnesium: 51.73mg (12.93%), Vitamin B12: 0.73µg (12.1%), Iron: 1.94mg (10.77%), Vitamin B5: 1.02mg (10.23%), Folate: 32.99µg (8.25%), Vitamin E: 1.23mg (8.22%), Calcium: 69.73mg (6.97%)