



Chiles en Nogada

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds
- 1 teaspoon apples diced
- 1 teaspoon apricots dried diced
- 1 teaspoon cranberries dried
- 1 cup cooking wine dry white
- 1 teaspoon cilantro leaves fresh for garnish
- 1 clove garlic minced
- 2 cups heavy cream

- 2 teaspoons onion diced
- 1 teaspoon pears diced
- 4 poblano peppers peeled
- 1 teaspoon pomegranate seeds for garnish
- 1 teaspoon raisins
- 4 servings salt and pepper black freshly ground
- 1 shallots minced
- 2 chicken breasts diced boneless skinless
- 4 servings sugar
- 2 teaspoons tomato paste
- 0.5 tablespoon vegetable oil
- 1 tablespoon vegetable oil

Equipment

- frying pan

Directions

- Watch how to make this recipe.
- For the chiles: In a medium saute pan over medium heat, heat the vegetable oil.
- Add the chicken and cook until it starts to turn white, about 5 minutes.
- Add the onions and cook until translucent, about 5 minutes.
- Add the apples, apricots, cranberries, pears, raisins and garlic and cook for 2 minutes. Stir in the tomato paste and cook for 2 more minutes.
- Add the wine and simmer until the chicken is tender, about 5 minutes. Season with sugar, salt and pepper, and then remove from the heat.
- Stuff each roasted poblano pepper with one-quarter of the chicken mixture and set aside.
- For the sauce: In a medium saute pan over medium-low heat, cook the shallots in the vegetable oil until translucent, about 3 minutes.
- Add the garlic and cook until it turns a light caramel color, about 5 minutes.

- Add the wine and simmer until it is almost completely evaporated, about 15 minutes.
- Add the heavy cream and simmer until reduced by half, about 15 more minutes. Stir in the almonds and season with salt and pepper.
- To serve, place each stuffed poblano pepper on a plate and top with 2 tablespoons sauce.
- Garnish with the cilantro and pomegranate seeds.

Nutrition Facts

PROTEIN 11.08%

FAT 71.6%

CARBS 17.32%

Properties

Glycemic Index:132.26, Glycemic Load:10.6, Inflammation Score:-9, Nutrition Score:23.933043479919%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 723.8kcal (36.19%), Fat: 55.78g (85.82%), Saturated Fat: 29g (181.26%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 26.11g (9.49%), Sugar: 22.28g (24.75%), Cholesterol: 170.63mg (56.88%), Sodium: 129.72mg (5.64%), Alcohol: 6.18g (100%), Alcohol %: 1.95% (100%), Protein: 19.42g (38.85%), Vitamin C: 98.86mg (119.83%), Vitamin A: 2300.37IU (46.01%), Vitamin B6: 0.82mg (41.15%), Vitamin B3: 7.21mg (36.04%), Vitamin E: 5.33mg (35.56%), Selenium: 22.67µg (32.39%), Phosphorus: 290.06mg (29.01%), Manganese: 0.56mg (28.19%), Vitamin B2: 0.47mg (27.8%), Vitamin K: 23.41µg (22.3%), Potassium: 748.48mg (21.39%), Magnesium: 77.24mg (19.31%), Fiber: 4.25g (17%), Calcium: 137.72mg (13.77%), Vitamin B5: 1.35mg (13.54%), Copper: 0.27mg (13.27%), Vitamin D: 1.96µg (13.07%), Vitamin B1: 0.17mg (11.05%), Iron: 1.61mg (8.94%), Zinc: 1.28mg (8.55%), Folate: 28.25µg (7.06%), Vitamin B12: 0.3µg (5.06%)