

Chiles Rellenos

READY IN



45 min.

SERVINGS



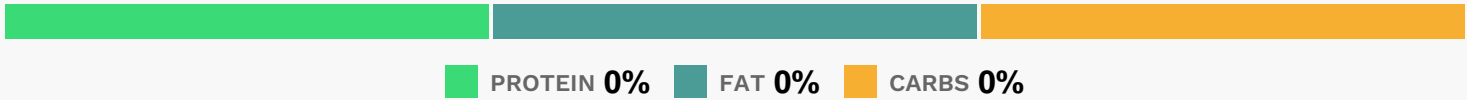
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Directions

- ☐ Broil the poblano peppers on the top oven rack until blackened on all sides.
- ☐ Place the peppers in a plastic bag and let them sweat for 10–15 minutes before peeling the skins.
- ☐ Make a small cut along the length of the pepper and scoop out the seeds.
- ☐ Fill the peppers with some of the picadillo and seal the peppers back up with toothpicks.
- ☐ Beat the egg whites until they form stiff peaks and then beat in the flour followed by the egg yolks one at a time.
- ☐ Dredge the peppers in the flour and then dip them in the egg white batter.
- ☐ Fry the peppers in oil heated to 350F until golden brown, about 3–4 minutes per side.

- ☐
- Place the chiles rellenos in a baking dish, pour the ranchero sauce over them and sprinkle with cheese.
- ☐
- Bake in a preheated 350F oven until the cheese has melted and the sides are bubbling, about 15–20 minutes.
- ☐
- Serve garnished with cilantro.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)