



Chiles Rellenos and Eggs with Tomato Jalapeño Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings chiles
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 11 large eggs
- ☐ 0.3 cup flour
- ☐ 1 garlic clove unpeeled
- ☐ 1.5 cups freshly jack cheese shredded
- ☐ 0.5 to 1 jalapeño chile

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.8 cup onion finely chopped
- ☐ 6 poblano chiles
- ☐ 6 servings salsa
- ☐ 3 medium tomatoes
- ☐ 6 servings vegetable oil for frying
- ☐ 0.3 medium onion white unpeeled

Equipment

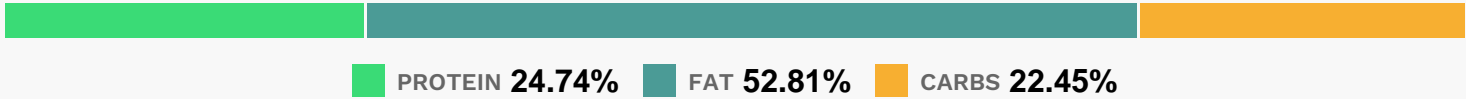
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Make salsa: Preheat oven to 40
- ☐ Line a baking sheet with foil and top with tomatoes, onion, garlic, and jalapeo.
- ☐ Bake until softened, about 25 minutes, turning ingredients halfway through baking.

- ☐ Remove from oven and let cool.
- ☐ Core tomatoes, peel onion and garlic, and stem jalapeo.
- ☐ Put the vegetables, lime juice, cilantro, and salt in a food processor and pulse just until chunky and incorporated.
- ☐ Transfer salsa to a bowl.
- ☐ Prepare chiles: Preheat broiler. Arrange poblanos on foil-lined baking sheet in a single layer and broil 2 to 3 in. from heat until blackened, turning as needed, 10 to 12 minutes. Put chiles in a bowl, cover, and let sit 10 minutes to loosen skins.
- ☐ Peel chiles, pull out stems (keeping chiles as intact as possible), and remove seeds with a spoon or your fingers. Blot with paper towels. Preheat oven to 20
- ☐ In a bowl, combine chopped onion and shredded cheese. Squeeze handfuls to form 6 narrow logs. Carefully stuff logs into chiles through stem ends.
- ☐ Pour oil into a large pot to a depth of 2 to 3 in. and heat to 37
- ☐ Meanwhile, separate 5 eggs. In the bowl of a mixer, beat whites until soft peaks form. In another bowl, whisk yolks with 1/3 cup flour and 1/4 tsp. salt.
- ☐ Add a spoonful of whites to yolk mixture and whisk to combine, then gently fold yolk mixture into whites just until incorporated.
- ☐ Put 1/2 cup flour in a shallow bowl. Using tongs or your hands, dip a chile first into flour, then into egg batter, turning gently to coat. Gently lower chile into hot oil. Repeat with a second chile. Cook until browned, gently turning once with tongs, about 4 minutes total.
- ☐ Transfer chiles to a baking sheet lined with paper towels and keep warm in the oven. Cook remaining chiles the same way.
- ☐ To poach eggs, fill a wide, deep frying pan with enough water to cover an egg out of the shell by about 1 in.
- ☐ Heat water until 1 or 2 bubbles break the surface. Reduce heat until bubbles form on pan bottom and occasionally pop to the surface. Break open remaining 6 eggs, one at a time, into water, keeping eggs close to the surface. Cook until eggs are done the way you like, 3 to 5 minutes for soft yolks with firm whites or 7 to 10 minutes for firm yolks and whites.
- ☐ Remove eggs from water with a slotted spoon and transfer to a plate.
- ☐ Divide chiles among 6 plates, top each with a poached egg and a spoonful of salsa, and serve remaining salsa on the side.
- ☐ Make ahead: Salsa keeps 1 day, covered and chilled.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:5.76, Inflammation Score:-9, Nutrition Score:24.93695661296%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 345.78kcal (17.29%), Fat: 20.61g (31.7%), Saturated Fat: 8.81g (55.07%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 15.57g (5.66%), Sugar: 7.83g (8.7%), Cholesterol: 366.14mg (122.05%), Sodium: 1002.9mg (43.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.44%), Vitamin C: 122.71mg (148.73%), Selenium: 35.13µg (50.19%), Vitamin A: 1931.67IU (38.63%), Phosphorus: 375.88mg (37.59%), Vitamin B2: 0.64mg (37.38%), Vitamin B6: 0.64mg (32.24%), Calcium: 298.69mg (29.87%), Folate: 90.71µg (22.68%), Vitamin K: 23.09µg (21.99%), Manganese: 0.39mg (19.46%), Potassium: 667.79mg (19.08%), Vitamin B5: 1.79mg (17.91%), Vitamin B12: 1.05µg (17.51%), Vitamin E: 2.55mg (17.01%), Iron: 3.01mg (16.71%), Fiber: 4.14g (16.56%), Zinc: 2.48mg (16.53%), Vitamin B1: 0.22mg (14.5%), Vitamin D: 2µg (13.35%), Copper: 0.25mg (12.3%), Magnesium: 48.78mg (12.19%), Vitamin B3: 1.97mg (9.87%)