Chiles Rellenos Autenticos

Vegetarian

READY IN	SERVINGS	CALORIES
55 min.	4	416 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 cups cotija cheese divided
- [ ] 2 eggs separated
- [ ] 1 cup flour all-purpose
- [ ] 4 poblano peppers
- [ ] 1 teaspoon salt
- [ ] 0.5 cup vegetable oil for frying

Equipment

- [ ] bowl

- [ ] frying pan
- [ ] baking sheet
- [ ] oven
- [ ] whisk
- [ ] pot
- [ ] toothpicks
- [ ] broiler

Directions

- [ ] Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- [ ] Bring a pot of lightly salted water to a boil. Prepare a large bowl of ice water.
- [ ] Place poblano peppers on a baking sheet. Broil until skin bubbles and areas of burned skin appear. Dip peppers into boiling water for about 30 seconds, then place immediately into ice water. When peppers are chilled, remove skin. Slit peppers lengthwise and remove veins and seeds.
- [ ] Stuff each pepper with 1/4 the cotija cheese and secure pepper openings closed with toothpicks.
- [ ] Place flour into a shallow bowl and dip each pepper in the flour; set aside for coating to set.
- [ ] Heat vegetable oil in a large skillet over medium heat.
- [ ] Beat egg whites in a glass or metal bowl until stiff peaks form. Lift your beater or whisk straight up: the tip of the peak formed by the egg whites should stand up. Gently whisk egg yolks into whites. Dip floured peppers into egg mixture to coat.
- [ ] Fry peppers in the hot oil until browned and the cheese has melted, flipping once, about 5 minutes per side.

Nutrition Facts

PROTEIN **16.91%** FAT **52.05%** CARBS **31.04%**

Properties

Glycemic Index:28, Glycemic Load:18.39, Inflammation Score:-8, Nutrition Score:23.9943480077%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 415.94kcal (20.8%), Fat: 24.18g (37.19%), Saturated Fat: 11.61g (72.58%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 29.57g (10.75%), Sugar: 3.02g (3.36%), Cholesterol: 148.59mg (49.53%), Sodium: 1471.8mg (63.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.35%), Vitamin C: 95.68mg (115.97%), Vitamin B2: 0.92mg (54.19%), Selenium: 28.6µg (40.86%), Calcium: 399.02mg (39.9%), Phosphorus: 353.86mg (35.39%), Vitamin B6: 0.64mg (31.79%), Vitamin B1: 0.44mg (29.16%), Folate: 103.43µg (25.86%), Vitamin B12: 1.46µg (24.39%), Vitamin K: 20.34µg (19.37%), Manganese: 0.39mg (19.35%), Zinc: 2.82mg (18.79%), Vitamin A: 875.6IU (17.51%), Vitamin B3: 3.18mg (15.88%), Iron: 2.73mg (15.18%), Vitamin B5: 1.32mg (13.17%), Fiber: 2.87g (11.47%), Potassium: 318.67mg (9.1%), Magnesium: 35.68mg (8.92%), Vitamin E: 1.27mg (8.47%), Copper: 0.16mg (8.19%), Vitamin D: 0.74µg (4.93%)