



Chiles Rellenos de San Joaquin



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces cotija cheese
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon olive oil
- ☐ 1 small onion thinly sliced
- ☐ 10 poblano peppers seeds removed halved lengthwise
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 cup tomatoes fresh diced

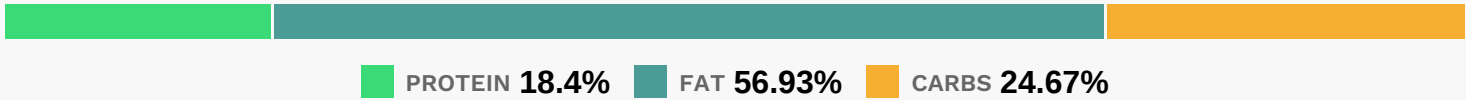
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Adjust oven rack to its topmost position and set oven to broil.
- ☐ Place chiles skin side up on a baking sheet, and broil until skins blister, about 5 minutes. Be careful not to let them burn.
- ☐ Remove chiles from the oven and place in a glass bowl. Cover with plastic wrap and let chiles steam until cool.
- ☐ Remove and discard the skins.
- ☐ Preheat oven to bake at 350 degrees F (175 degrees C).
- ☐ Heat olive oil in a small skillet over medium heat. Stir in sliced onions, and cook until soft, about 5 minutes.
- ☐ Add the tomatoes and cook until onions and tomatoes achieve a sauce-like consistency, about 15 minutes. Stir occasionally. Season with cumin, stir briefly, then stir in the sour cream; remove from heat.
- ☐ To assemble the chiles rellenos: Slice cheese into 20 long rectangles (or sticks) 1/4-inch thick and approximately as long as the chiles.
- ☐ Roll each cheese rectangle into a chile half.
- ☐ Place rolled chiles into a baking dish and top with the tomato sauce. Crumble any extra cheese on top of the sauce.
- ☐ Bake for 30 to 40 minutes until the sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:6.8430434594984%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 64.05kcal (3.2%), Fat: 4.22g (6.49%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.81g (2.02%), Cholesterol: 15.85mg (5.28%), Sodium: 196.67mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin C: 49.13mg (59.55%), Vitamin B6: 0.22mg (10.81%), Vitamin B2: 0.16mg (9.69%), Calcium: 93.04mg (9.3%), Phosphorus: 73.19mg (7.32%), Vitamin A: 362.17IU (7.24%), Vitamin K: 5.45µg (5.19%), Vitamin B12: 0.29µg (4.83%), Fiber: 1.17g (4.66%), Manganese: 0.09mg (4.61%), Vitamin B1: 0.06mg (4.34%), Potassium: 139.83mg (4%), Zinc: 0.59mg (3.95%), Selenium: 2.62µg (3.74%), Folate: 13.25µg (3.31%), Magnesium: 10.65mg (2.66%), Copper: 0.05mg (2.56%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.24mg (2.38%), Vitamin E: 0.33mg (2.18%), Iron: 0.38mg (2.09%)