



Chiles Rellenos Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 15 ounce black beans divided drained canned
- ☐ 0.5 cup breadcrumbs dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 cups ears corn fresh
- ☐ 2 garlic clove minced
- ☐ 0.5 cup spring onion chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 teaspoon ground pepper red divided
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups milk 2% reduced-fat
- ☐ 2 tablespoons pinenuts toasted
- ☐ 8 poblano pepper
- ☐ 3 ounces queso fresco divided crumbled
- ☐ 1 cup bell pepper red finely chopped
- ☐ 1 teaspoon salt divided

Equipment

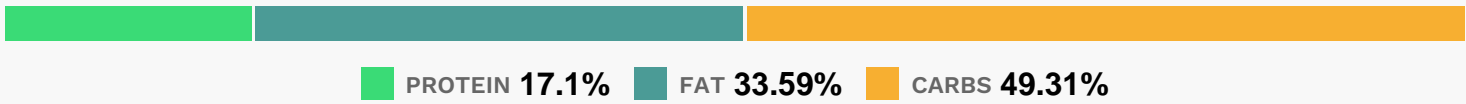
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Place chiles on a foil-lined baking sheet; broil 3 inches from heat 8 minutes or until blackened, turning after 4 minutes.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and discard skins.

- ☐ Cut a lengthwise slit in each chile; discard seeds, leaving stems intact.
- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add bell pepper; cook 4 minutes, stirring frequently.
- ☐ Add corn, onions, nuts, and garlic; cook 2 minutes, stirring frequently.
- ☐ Remove from heat; stir in 1/2 cup cheese, cilantro, 1/2 teaspoon salt, and 1/8 teaspoon ground red pepper.
- ☐ Place half of beans in a bowl; mash with a fork.
- ☐ Add mashed beans and whole beans to corn mixture. Spoon about 1/3 cup bean mixture into each chile; fold sides of chile over filling. Arrange stuffed chiles in an 8-inch square baking dish coated with cooking spray; set aside.
- ☐ Melt butter in a medium saucepan over medium-low heat; add 1/8 teaspoon ground red pepper, cumin, and nutmeg, and stir with a whisk. Cook 30 seconds, stirring constantly. Gradually add flour, and stir with a whisk; cook 5 minutes, stirring constantly. Gradually add milk. Stir with a whisk until blended.
- ☐ Increase heat to medium. Cook milk mixture 8 minutes or until thick.
- ☐ Remove from heat; stir in 1/2 teaspoon salt and lime juice.
- ☐ Pour milk mixture over stuffed chiles.
- ☐ Combine remaining 1/4 cup cheese and breadcrumbs; sprinkle over milk mixture.
- ☐ Bake at 350 for 20 minutes or until sauce is bubbly.
- ☐ Preheat broiler.
- ☐ Broil 1 minute or until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.8, Inflammation Score:-9, Nutrition Score:19.924347861953%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 5.72mg, Luteolin: 5.72mg, Luteolin: 5.72mg, Luteolin: 5.72mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 241.53kcal (12.08%), Fat: 9.47g (14.57%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 23.98g (8.72%), Sugar: 9.29g (10.32%), Cholesterol: 19.58mg (6.53%), Sodium: 684.21mg (29.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.69%), Vitamin C: 124.99mg (151.51%), Manganese: 0.67mg (33.46%), Fiber: 7.3g (29.19%), Vitamin A: 1408.16IU (28.16%), Vitamin K: 25.4µg (24.19%), Phosphorus: 238.48mg (23.85%), Vitamin B6: 0.43mg (21.67%), Vitamin B1: 0.32mg (21.18%), Folate: 83.99µg (21%), Calcium: 184.88mg (18.49%), Potassium: 638.62mg (18.25%), Vitamin B2: 0.31mg (18%), Magnesium: 63.73mg (15.93%), Iron: 2.42mg (13.45%), Copper: 0.27mg (13.42%), Vitamin B3: 2.34mg (11.72%), Zinc: 1.49mg (9.94%), Selenium: 6.95µg (9.93%), Vitamin B12: 0.52µg (8.68%), Vitamin E: 1.2mg (7.97%), Vitamin B5: 0.79mg (7.87%), Vitamin D: 0.29µg (1.91%)