



Chiles Rellenos Made Easy

 Vegetarian

READY IN



66 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup canola oil
- ☐ 3 tablespoons cornmeal
- ☐ 3 large egg whites
- ☐ 3 large egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 tablespoons goat cheese divided

- ☐ 4 ounces monterrey jack cheese shredded divided reduced-fat
- ☐ 1.3 cups onion coarsely chopped
- ☐ 4 poblano chiles
- ☐ 0.5 cup salsa verde low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 2 cups tomatoes chopped

Equipment

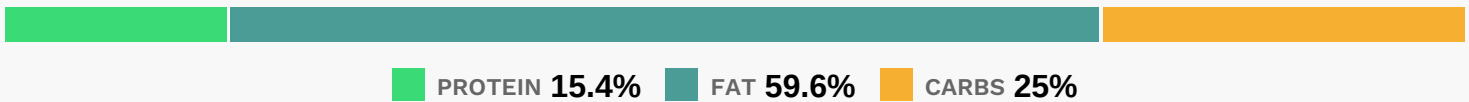
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saut 4 minutes or until tender. Stir in chopped tomatoes, salsa verde, and 1/4 teaspoon salt; cook 15 minutes or until thickened, stirring frequently.
- ☐ Place tomato mixture in a food processor; add cilantro. Process mixture until smooth. Set aside.
- ☐ Place poblanos on a foil-lined baking sheet; broil 3 inches from heat 8 minutes or until blackened and charred, turning after 6 minutes.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 15 minutes. Peel and discard skins.
- ☐ Cut a lengthwise slit in each chile; discard seeds, leaving stems intact. Spoon 1/4 cup Jack cheese and 1 1/2 teaspoons goat cheese in cavity of each chile.

- ☐ Preheat oven to 35
- ☐ Lightly beat egg yolks in a small bowl.
- ☐ Place egg whites in a medium bowl; beat with a mixer at high speed until stiff peaks form. Fold egg yolks into egg whites.
- ☐ Combine flour and black pepper in a shallow dish.
- ☐ Place cornmeal in another shallow dish. Dredge poblanos in flour mixture, and dip into egg mixture. Dredge in cornmeal.
- ☐ Heat oil in a large stainless steel skillet over medium-high heat until hot; reduce to medium heat.
- ☐ Add coated poblanos to oil; cook 6 minutes or until crisp, turning to cook on all sides.
- ☐ Place chiles on a baking sheet, and bake at 350 for 8 minutes or until cheese melts.
- ☐ Serve with tomato sauce.

Nutrition Facts



Properties

Glycemic Index:77.38, Glycemic Load:9.79, Inflammation Score:-9, Nutrition Score:21.607391191565%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg

Nutrients (% of daily need)

Calories: 430.18kcal (21.51%), Fat: 28.86g (44.39%), Saturated Fat: 8.89g (55.54%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 22.49g (8.18%), Sugar: 9.3g (10.33%), Cholesterol: 166.15mg (55.38%), Sodium: 601.76mg (26.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.55%), Vitamin C: 110.93mg (134.46%), Vitamin A: 1780.78IU (35.62%), Selenium: 19.76µg (28.23%), Phosphorus: 279.4mg (27.94%), Vitamin K: 29.14µg (27.75%), Calcium: 273.25mg (27.33%), Vitamin B6: 0.52mg (26.07%), Vitamin E: 3.78mg (25.18%), Vitamin B2: 0.42mg (24.8%), Manganese: 0.44mg (21.82%), Fiber: 4.74g (18.97%), Folate: 75.61µg (18.9%), Potassium: 633.6mg (18.1%), Vitamin B1: 0.24mg (15.71%), Copper: 0.25mg (12.56%), Zinc: 1.88mg (12.51%), Magnesium: 47.45mg (11.86%), Iron: 2.03mg (11.3%), Vitamin B3: 1.82mg (9.08%), Vitamin B5: 0.87mg (8.67%), Vitamin B12: 0.52µg (8.66%),

Vitamin D: 0.89µg (5.91%)