

Chiles Rellenos Pie

READY IN



90 min.

SERVINGS



8

CALORIES



434 kcal

Ingredients

- 1.5 cups roasted chicken diced cooked
- 3 eggs
- 1 cup evaporated milk
- 4 tablespoons flour all-purpose
- 2 cups mild cheddar cheese shredded
- 2 cups monterrey jack cheese shredded
- 6 pepper flakes fresh
- 2 cups salsa
- 1 cup cream sour

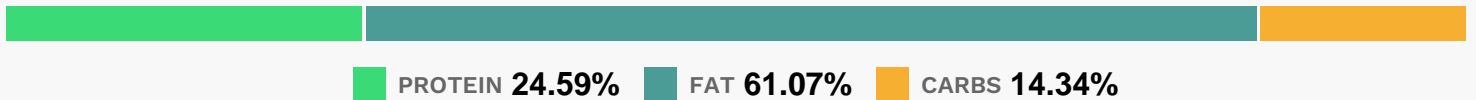
Equipment

- bowl
- baking sheet
- oven
- whisk
- baking pan
- broiler

Directions

- Preheat oven on broiler setting. Roast chiles under broiler on cookie sheet until skin is brown and charred on all sides. Cool until you are able to touch peppers, then peel off skin. Make a slit down one side of the pepper, and remove stem and seeds. Reduce oven temperature to 350 degrees F (175 degrees C).
- Line the bottom of an 11 inch square baking dish with chiles.
- Layer Monterey Jack cheese and Cheddar cheese evenly over chilies.
- Spread cooked chicken over cheese. In a medium bowl, using a wire whisk, mix flour with a small amount of evaporated milk until it forms a smooth paste, then whisk in remaining milk and sour cream. Beat in eggs, one at a time.
- Pour evenly over chicken.
- Bake in preheated oven for 40 minutes, or until center of pie becomes firm.
- Spread salsa over top, and bake for 15 minutes. Allow to cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:3.42, Inflammation Score:-8, Nutrition Score:20.016086806422%

Nutrients (% of daily need)

Calories: 433.52kcal (21.68%), Fat: 29.74g (45.76%), Saturated Fat: 16.19g (101.22%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 13.93g (5.07%), Sugar: 8.71g (9.68%), Cholesterol: 160.56mg (53.52%), Sodium: 869.19mg (37.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.9%), Vitamin C: 50.59mg (61.32%), Calcium: 557.6mg (55.76%), Phosphorus: 463.04mg (46.3%), Selenium: 27.43µg (39.18%), Vitamin B2: 0.56mg (33.23%), Vitamin A: 1487.87IU (29.76%), Vitamin B6: 0.49mg (24.59%), Zinc: 3.08mg (20.52%), Vitamin B3: 3.58mg (17.9%), Potassium: 539.29mg (15.41%), Vitamin B12: 0.87µg (14.46%), Magnesium: 51.52mg (12.88%), Vitamin B5: 1.2mg (11.97%), Vitamin E: 1.65mg (10.98%), Folate: 41.56µg (10.39%), Iron: 1.73mg (9.61%), Manganese: 0.18mg (9.11%), Vitamin K: 9.52µg (9.07%), Vitamin B1: 0.13mg (8.82%), Copper: 0.15mg (7.33%), Fiber: 1.78g (7.11%), Vitamin D: 0.7µg (4.67%)