



Chiles Rellenos Puffs

READY IN



60 min.

SERVINGS



24

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 9 oz chilis green drained chopped old el paso® canned
- ☐ 0.5 cup cornmeal
- ☐ 6 eggs beaten
- ☐ 1 cup flour all-purpose gold medal®
- ☐ 3 oz monterrey jack cheese shredded
- ☐ 1 teaspoon salt
- ☐ 3 oz sharp cheddar cheese shredded
- ☐ 1.5 cups water

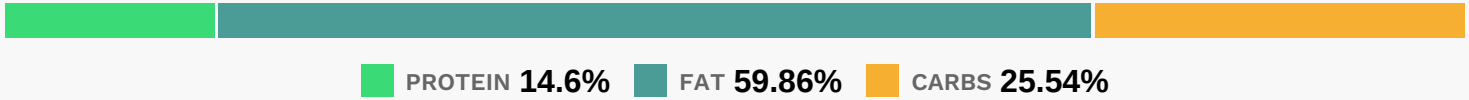
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 24 regular-size muffin cups with cooking spray.* In 3-quart saucepan, heat water and butter over high heat to a full rolling boil.
- ☐ Remove from heat.
- ☐ Stir in flour, cornmeal and salt until mixture forms a dough and all lumps have disappeared. Gradually stir in beaten eggs until well blended. Stir in both cheeses and the chiles. Spoon dough evenly into muffin cups, filling each 3/4 full.
- ☐ Bake 25 to 29 minutes or until golden brown. Cool 2 minutes; remove from muffin cups.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.23, Glycemic Load:4.35, Inflammation Score:-3, Nutrition Score:3.5960869724336%

Nutrients (% of daily need)

Calories: 111.32kcal (5.57%), Fat: 7.41g (11.39%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.48g (2.36%), Sugar: 0.14g (0.15%), Cholesterol: 47.62mg (15.87%), Sodium: 244.73mg (10.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Selenium: 6.89µg (9.84%), Phosphorus: 69.08mg (6.91%), Vitamin B2: 0.11mg (6.67%), Calcium: 64.38mg (6.44%), Vitamin A: 304.72IU (6.09%), Folate: 23µg (5.75%), Vitamin C: 3.65mg (4.42%), Iron: 0.71mg (3.93%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.53mg (3.52%), Manganese: 0.06mg (3.04%), Vitamin B6: 0.06mg (2.95%), Vitamin B12: 0.17µg (2.83%), Fiber: 0.63g (2.53%), Vitamin B5: 0.25mg (2.46%), Vitamin B3: 0.47mg (2.35%), Magnesium: 8.64mg (2.16%), Vitamin E: 0.31mg (2.09%), Vitamin D: 0.26µg (1.75%), Potassium: 51.04mg (1.46%), Copper: 0.03mg (1.41%)