



Chiles Rellenos (Stuffed Peppers)

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

Ingredients

- 1 cup corn oil
- 3 eggs separated
- 0.5 cup flour all-purpose
- 1 clove garlic chopped
- 0.5 pound ground beef lean
- 1 onion chopped
- 4 poblano chile peppers fresh
- 2 roma tomatoes chopped (plum)
- 4 servings salt and pepper to taste

- 1 cup mozzarella cheese shredded

Equipment

- bowl
- frying pan
- paper towels
- toothpicks
- broiler
- ziploc bags

Directions

- Place whole peppers over an open flame (gas burner) or under the broiler. Roast, turning frequently until evenly black and blistered.
- Remove from heat, place in a plastic bag, and let them sweat for a while. This will allow the skins to peel off easily.
- While the peppers are sweating, place the ground beef in a skillet over medium-high heat. Cook, stirring to crumble, until evenly browned. When beef is fully cooked, add the onion, garlic and tomato, and cook for a few more minutes. Season to taste with salt and pepper.
- Remove the peppers from the bag, and peel off the burnt skin. You may wish to wear protective gloves. Run peppers under cool running water to rinse away any burnt pieces. Make a small vertical slit in the side of the peppers, and remove the seeds and veins. Stuff each pepper halfway with the ground beef mixture, then fill the rest of the way with shredded cheese. Close the slits, and secure with toothpicks.
- Whip egg whites in a large glass or metal bowl until thick and fluffy.
- Add the egg yolks, and whip for a minute to blend in.
- Meanwhile, heat 1/4 inch of oil in a large heavy skillet over medium-high heat. Coat the stuffed peppers with a light dusting of flour, then dip them in the egg so they are fully covered. Carefully place in the hot oil, and fry on both sides until golden.
- Drain on paper towels, then serve on a large platter.

Nutrition Facts



■ PROTEIN 25.57% ■ FAT 53.69% ■ CARBS 20.74%

Properties

Glycemic Index:60.5, Glycemic Load:11.23, Inflammation Score:-8, Nutrition Score:22.04695660135%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 400.45kcal (20.02%), Fat: 23.88g (36.73%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 18.81g (6.84%), Sugar: 4.83g (5.36%), Cholesterol: 180.03mg (60.01%), Sodium: 460.77mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.17%), Vitamin C: 71.18mg (86.28%), Selenium: 30.52µg (43.6%), Vitamin B12: 2.2µg (36.7%), Phosphorus: 329.51mg (32.95%), Zinc: 4.46mg (29.76%), Vitamin B6: 0.59mg (29.52%), Vitamin B2: 0.45mg (26.55%), Vitamin B3: 4.87mg (24.36%), Vitamin A: 1054.73IU (21.09%), Iron: 3.39mg (18.86%), Calcium: 184.53mg (18.45%), Vitamin E: 2.71mg (18.09%), Folate: 69.15µg (17.29%), Potassium: 541.28mg (15.47%), Vitamin B1: 0.23mg (15.03%), Manganese: 0.3mg (14.89%), Vitamin K: 14.56µg (13.86%), Vitamin B5: 1.13mg (11.34%), Magnesium: 42.17mg (10.54%), Copper: 0.18mg (9.12%), Fiber: 1.95g (7.81%), Vitamin D: 0.83µg (5.52%)