



Chiles Rellenos with Picadillo

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



877 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chipotles in adobo sauce
- ☐ 2 bay leaves
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup cilantro leaves roughly chopped
- ☐ 1 pinch cumin seeds toasted
- ☐ 4 eggs separated

- ☐ 4 servings flour for dredging
- ☐ 1 garlic clove
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons golden raisins
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 onion chopped
- ☐ 0.5 onion roughly chopped
- ☐ 1 tablespoon mexican oregano leaves fresh
- ☐ 1 Dash pepper sauce red hot
- ☐ 0.5 cup pimento stuffed olives green sliced
- ☐ 8 large poblanos
- ☐ 0.5 cup queso blanco crumbled
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 tablespoons slivered almonds toasted
- ☐ 4 servings sugar
- ☐ 0.5 cup tomato paste
- ☐ 4 servings vegetable oil for frying

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ plastic wrap

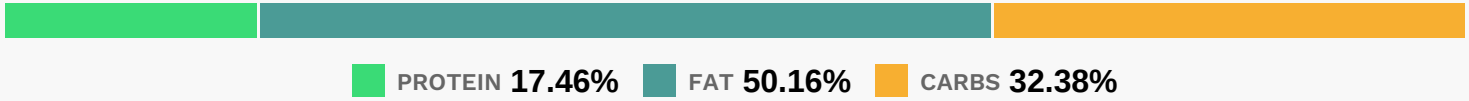
- ☐ toothpicks
- ☐ wooden spoon
- ☐ grill
- ☐ broiler

Directions

- ☐ To prepare Picadillo: In a large skillet, saute the onion, garlic and bay leaves in oil over moderate heat, stirring, until the onion is softened.
- ☐ Add the beef, and continue to cook until the beef is no longer pink; breaking up any lumps with a wooden spoon. Season with salt and pepper. Stir in oregano, cloves, and cinnamon.
- ☐ Pour out any excess fat and stir in the tomato paste until thoroughly incorporated.
- ☐ Add chipotles, raisins, almonds, and olives; salt to taste.
- ☐ Remove from heat. When mixture is cool, add cheese and mix well.
- ☐ Char the flesh of the peppers over a gas flame, under a broiler or on a grill. Alternatively, set a rack over an electric burner or use a very hot heavy frying pan. Cook, turning frequently, until the skins are blistered all over. Take care not to overcook and burn right through the pepper. Put peppers in a bowl, cover with plastic wrap and let sweat for about 10 minutes to loosen the skins. Rub off as much skin as possible and cut a slit along the side of each pepper, keeping the stems and tip intact. Carefully remove the seeds and inner membranes, but do not rinse with water.
- ☐ Heat 1-inch of oil in a heavy skillet over medium heat until very hot.
- ☐ Place flour in a shallow platter and season with salt and pepper. Beat egg whites until foamy, add a pinch of salt, and whip to stiff peaks. Lightly beat the egg yolks and fold into the whites. Stuff the chiles with picadillo, leaving enough room to close the opening. Overlap the seam slightly and gently squeeze closed. Secure with wooden toothpicks if desired. Pat the peppers dry and lightly coat in the seasoned flour. Pick the chile up by its stem and dip into the egg batter, making sure they are well covered, tap off excess. Fry until evenly browned, about 3 minutes each side. The egg burns easily so take care not to cook too long.
- ☐ Drain on paper towels. To serve, ladle a pool of Tomato Ranchero sauce on plates and set chiles rellenos on top, serve immediately.
- ☐ Combine and puree the tomatoes, onion, cilantro, cumin, and garlic in a food processor.
- ☐ Heat the oil in a saucepan or skillet and fry the tomato puree over high flame.

- ☐
- Add broth, and salt. Simmer for 10 minutes until the sauce thickens slightly and is heated through. If sauce tastes somewhat bitter, add a pinch of sugar.
- ☐
- Sprinkle with a dash of hot red pepper sauce. Sauce may be served hot or cold.

Nutrition Facts



Properties

Glycemic Index:124.44, Glycemic Load:25.43, Inflammation Score:-10, Nutrition Score:50.527826184812%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 15.55mg, Luteolin: 15.55mg, Luteolin: 15.55mg, Luteolin: 15.55mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.23mg, Quercetin: 14.23mg, Quercetin: 14.23mg, Quercetin: 14.23mg

Nutrients (% of daily need)

Calories: 876.88kcal (43.84%), Fat: 50.83g (78.19%), Saturated Fat: 15.9g (99.37%), Carbohydrates: 73.83g (24.61%), Net Carbohydrates: 58.84g (21.4%), Sugar: 43.7g (48.56%), Cholesterol: 266.96mg (88.99%), Sodium: 1725mg (75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.8g (79.6%), Vitamin C: 292.98mg (355.13%), Vitamin B6: 1.68mg (83.92%), Phosphorus: 734.76mg (73.48%), Manganese: 1.44mg (71.9%), Vitamin E: 10.38mg (69.2%), Vitamin K: 66.03µg (62.89%), Potassium: 2164.76mg (61.85%), Fiber: 14.99g (59.97%), Vitamin A: 2798.5IU (55.97%), Vitamin B3: 10.92mg (54.58%), Selenium: 37.27µg (53.24%), Iron: 9.49mg (52.73%), Vitamin B2: 0.87mg (51.2%), Zinc: 7.44mg (49.61%), Copper: 0.99mg (49.37%), Vitamin B12: 2.82µg (47.07%), Magnesium: 146.8mg (36.7%), Vitamin B1: 0.53mg (35.19%), Calcium: 336.82mg (33.68%), Folate: 118.67µg (29.67%), Vitamin B5: 2.33mg (23.3%), Vitamin D: 0.99µg (6.62%)