



## Chilies Stuffed with Pomegranate Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

### Ingredients

- ☐ 10 oz firm-ripe avocado
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon jalapeño chili fresh minced
- ☐ 0.3 cup juice of lime
- ☐ 5 tablespoons orange juice
- ☐ 12 oz poblano chilies fresh

- ☐ 1 cup pomegranate seeds
- ☐ 4 servings salt

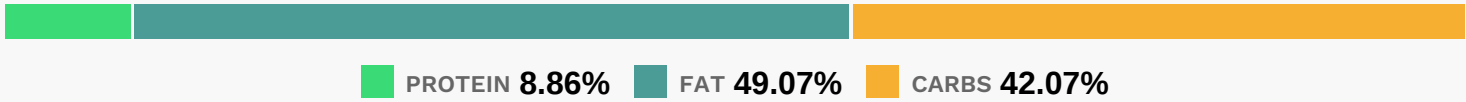
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a 10- by 15-inch pan, broil poblano chilies 4 to 6 inches from heat, turning as needed, until skins blister and blacken all over, 15 to 20 minutes.
- ☐ When chilies are cool enough to touch, gently pull off and discard skin.
- ☐ Cut a lengthwise slit through 1 side of each chili. Gently scoop out and discard seeds and veins; leave stems on chilies.
- ☐ In a bowl, mix orange juice and lime juice.
- ☐ Peel and pit avocado.
- ☐ Cut into 1/4- to 1/2-inch chunks and add to bowl.
- ☐ Add jalapeo chili, green onions, cilantro, and pomegranate seeds. Stir gently to mix salad.
- ☐ Add salt to taste.
- ☐ Lay chilies on plates, slit side up. Spoon equal amounts of salad into each chili; some of the salad will overflow.
- ☐ Sprinkle cotija cheese evenly over stuffed chilies.

## Nutrition Facts



## Properties

Glycemic Index:81.75, Glycemic Load:8.72, Inflammation Score:-9, Nutrition Score:19.986956440884%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 222.97kcal (11.15%), Fat: 13.37g (20.57%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 17.74g (6.45%), Sugar: 12.89g (14.32%), Cholesterol: 8.34mg (2.78%), Sodium: 317.01mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Vitamin C: 152.06mg (184.31%), Vitamin K: 55.41µg (52.77%), Vitamin B6: 0.71mg (35.48%), Fiber: 8.06g (32.23%), Folate: 109.93µg (27.48%), Vitamin A: 1189.29IU (23.79%), Potassium: 813.45mg (23.24%), Manganese: 0.34mg (16.88%), Copper: 0.34mg (16.81%), Vitamin B2: 0.28mg (16.73%), Vitamin E: 2.48mg (16.55%), Vitamin B5: 1.48mg (14.77%), Vitamin B3: 2.69mg (13.43%), Magnesium: 52.57mg (13.14%), Phosphorus: 129.56mg (12.96%), Vitamin B1: 0.18mg (11.97%), Iron: 1.66mg (9.21%), Calcium: 82.35mg (8.23%), Zinc: 1.15mg (7.68%), Selenium: 2.42µg (3.46%), Vitamin B12: 0.16µg (2.64%)