



Chorizo-Stuffed Poblano Chiles with Sweet-Sour Escabeche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup carrots finely chopped
- ☐ 8 ounces chorizo sausage cut
- ☐ 0.5 cup apple cider vinegar
- ☐ 2 garlic clove sliced
- ☐ 0.3 teaspoon ground allspice

- ☐ 1.5 cups onion sliced
- ☐ 6 large poblano pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup water
- ☐ 3 cups potatoes – remove skin red cubed peeled

Equipment

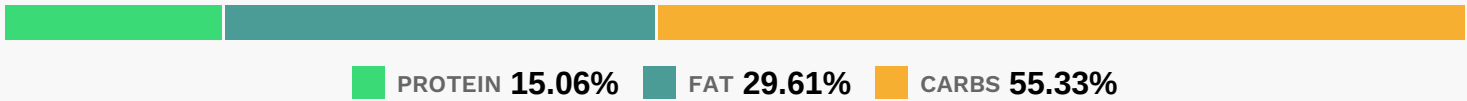
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Place poblano chiles on a foil-lined baking sheet. Broil 14 minutes or until blackened, turning twice.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes; peel.
- ☐ Heat a small saucepan over medium heat. Coat pan with cooking spray.
- ☐ Add carrot to the pan; cover and cook 5 minutes or until carrot is crisp-tender, stirring occasionally.
- ☐ Add water and next 5 ingredients (through bay leaves) to pan; stir well. Bring mixture to a simmer; cook 1 minute or until sugar dissolves, stirring frequently. Discard bay leaves.
- ☐ Combine onion and salt in a large bowl; pour vinegar mixture over onion mixture. Cool completely.

- ☐ Place potato in a saucepan; cover with water. Bring to a boil. Reduce heat. Simmer 10 minutes or until tender; drain.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Remove casings from the sausage. Cook sausage for 10 minutes or until browned, stirring to crumble.
- ☐ Remove sausage from pan, reserving 1 teaspoon drippings in pan.
- ☐ Drain sausage on paper towels.
- ☐ Add potato to pan; cook 15 minutes, browning on all sides. Stir in sausage; cook until mixture is thoroughly heated.
- ☐ Cut a lengthwise slit in each chile; discard stems, seeds, and membranes.
- ☐ Place about 1/2 cup sausage mixture in each chile (chiles will be full). Divide onion mixture evenly among each of 6 plates; top each serving with one stuffed chile.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:1.71, Inflammation Score:-9, Nutrition Score:13.480434837549%

Flavonoids

Luteolin: 7.74mg, Luteolin: 7.74mg, Luteolin: 7.74mg, Luteolin: 7.74mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 160.11kcal (8.01%), Fat: 5.36g (8.24%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 18.16g (6.6%), Sugar: 10.42g (11.58%), Cholesterol: 26.67mg (8.89%), Sodium: 216.18mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin C: 145.68mg (176.58%), Vitamin A: 1991.28IU (39.83%), Vitamin B6: 0.5mg (25.19%), Manganese: 0.39mg (19.46%), Fiber: 4.35g (17.41%), Potassium: 563.74mg (16.11%), Vitamin K: 14.34µg (13.66%), Vitamin B1: 0.15mg (9.94%), Copper: 0.19mg (9.46%), Iron: 1.46mg (8.09%), Folate: 32.26µg (8.07%), Magnesium: 31.56mg (7.89%), Phosphorus: 73.18mg (7.32%), Vitamin B3: 1.35mg (6.74%), Calcium: 47.68mg (4.77%), Vitamin E: 0.67mg (4.44%), Vitamin B2: 0.07mg (4.34%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.45mg (2.99%)