



## Chorizo Stuffed Poblano Peppers

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

### Ingredients

- 0.8 pound bulk chorizo sausage
- 0.5 cup rice cooked
- 1 teaspoon ground cumin
- 2 tablespoons taco sauce to taste
- 1 teaspoon olive oil
- 0.3 cup onion diced
- 2 poblano peppers halved lengthwise seeded
- 0.3 cup cheddar cheese shredded

0.3 cup water

## Equipment

frying pan

oven

casserole dish

aluminum foil

pie form

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat olive oil in a skillet over medium-high heat. Cook and stir chorizo in hot oil until completely browned and broken into small pieces, 7 to 10 minutes.

Remove skillet from heat; stir rice, onion, 1/4 cup taco sauce, Cheddar cheese, and cumin with the chorizo until evenly mixed.

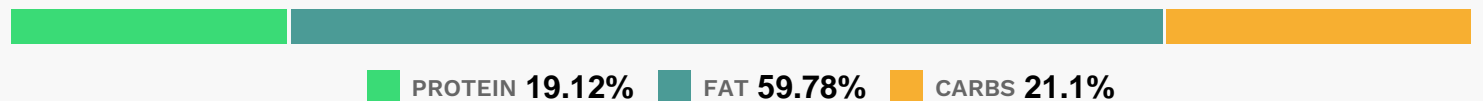
Fill poblano pepper halves with the chorizo mixture; place in a small casserole dish or a pie pan.

Drizzle 1 tablespoon taco sauce over each pepper.

Pour water into bottom of the dish; cover loosely with aluminum foil.

Bake in preheated oven until peppers are tender, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:6.41, Inflammation Score:-6, Nutrition Score:7.7965216234974%

## Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

## Nutrients (% of daily need)

Calories: 227.4kcal (11.37%), Fat: 14.83g (22.81%), Saturated Fat: 8.41g (52.57%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.46g (3.8%), Sugar: 3.63g (4.03%), Cholesterol: 67.06mg (22.35%), Sodium: 141.02mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin C: 64.04mg (77.63%), Vitamin A: 726.03IU (14.52%), Manganese: 0.2mg (9.8%), Iron: 1.54mg (8.55%), Vitamin B6: 0.17mg (8.53%), Calcium: 82.41mg (8.24%), Phosphorus: 58.13mg (5.81%), Fiber: 1.31g (5.25%), Selenium: 3.56µg (5.08%), Vitamin K: 5.24µg (4.99%), Potassium: 140.03mg (4%), Magnesium: 13.2mg (3.3%), Copper: 0.07mg (3.29%), Vitamin B2: 0.05mg (3.22%), Vitamin B1: 0.05mg (3.18%), Zinc: 0.48mg (3.17%), Vitamin E: 0.44mg (2.96%), Folate: 9.98µg (2.49%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.18mg (1.77%), Vitamin B12: 0.07µg (1.25%)