



Corn-Stuffed Poblanos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 3 cups regular corn fresh (6 ears)
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 ounces monterrey jack cheese shredded
- ☐ 2 teaspoons oregano fresh minced
- ☐ 0.3 teaspoon pepper
- ☐ 12 poblano chile peppers

- ☐ 0.8 cup bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vegetable oil

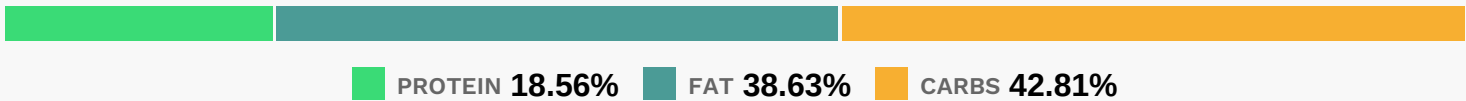
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place peppers on an aluminum foil-lined baking sheet.
- ☐ Broil 5 inches from heat (with electric oven door partially open) about 5 minutes on each side or until peppers look blistered.
- ☐ Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers, keeping stems intact. Make a slit along 1 side of each pepper; remove and discard seeds and membrane. Set aside.
- ☐ Saute corn, bell pepper, and garlic in hot oil in a large skillet 5 minutes or until tender.
- ☐ Remove from heat. Stir in cheese and next 5 ingredients; spoon evenly into peppers. Close peppers, and place on a lightly greased baking sheet.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:19.796521699947%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 11.32mg, Luteolin: 11.32mg, Luteolin: 11.32mg, Luteolin: 11.32mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 231.29kcal (11.56%), Fat: 10.82g (16.64%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 20.75g (7.55%), Sugar: 11.26g (12.51%), Cholesterol: 25.23mg (8.41%), Sodium: 383.11mg (16.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.39%), Vitamin C: 221.24mg (268.16%), Vitamin A: 1839.46IU (36.79%), Vitamin B6: 0.7mg (34.89%), Calcium: 251.43mg (25.14%), Fiber: 6.23g (24.91%), Manganese: 0.49mg (24.73%), Phosphorus: 245.9mg (24.59%), Vitamin K: 25.56µg (24.34%), Potassium: 691.69mg (19.76%), Vitamin B1: 0.27mg (17.76%), Folate: 69.88µg (17.47%), Magnesium: 62.95mg (15.74%), Vitamin B2: 0.24mg (14.02%), Vitamin B3: 2.68mg (13.39%), Copper: 0.22mg (10.9%), Zinc: 1.57mg (10.49%), Vitamin E: 1.49mg (9.95%), Iron: 1.75mg (9.71%), Vitamin B5: 0.89mg (8.91%), Selenium: 4.74µg (6.78%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.17µg (1.13%)