



Crab-and-Goat Cheese Poblanos With Mango Salsa

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 servings garnish: cilantro fresh chopped
- ☐ 1 cup kernel corn frozen thawed
- ☐ 2 egg whites
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 ounce goat cheese

- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 ounce lump crab meat rinsed drained canned
- ☐ 8 ounce block part-skim mozzarella cheese shredded
- ☐ 8 poblano chile peppers
- ☐ 0.3 teaspoon pepper flakes dried red
- ☐ 8 servings mango salsa

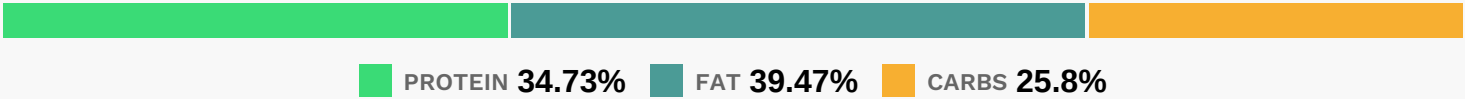
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Broil chile peppers on an aluminum foil-lined baking sheet 5 inches from heat 5 minutes on each side or until peppers look blistered.
- ☐ Place peppers in a large zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers. Carefully cut peppers open lengthwise on one side, keeping stems intact; discard seeds. Set peppers aside.
- ☐ Process egg whites in a food processor until foamy.
- ☐ Add mozzarella cheese and next 5 ingredients, processing until blended.
- ☐ Place cheese mixture in a large bowl. Stir in crabmeat and next 3 ingredients.
- ☐ Spoon crabmeat mixture evenly into peppers, pinching cut edges together to seal. Arrange stuffed peppers, seam side down, in a 13- x 9-inch baking dish coated with cooking spray.
- ☐ Bake, covered, at 375 for 25 to 30 minutes or until thoroughly heated. Top with Mango Salsa, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:17.767391264439%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 181.19kcal (9.06%), Fat: 8.23g (12.67%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 8.97g (3.26%), Sugar: 5.54g (6.16%), Cholesterol: 33.59mg (11.2%), Sodium: 675.35mg (29.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Vitamin C: 99.12mg (120.15%), Vitamin B12: 2.18µg (36.33%), Calcium: 278.54mg (27.85%), Phosphorus: 262.12mg (26.21%), Vitamin B6: 0.43mg (21.6%), Copper: 0.42mg (21.18%), Selenium: 14.28µg (20.4%), Vitamin A: 966.14IU (19.32%), Zinc: 2.49mg (16.63%), Vitamin B2: 0.25mg (14.57%), Manganese: 0.27mg (13.57%), Vitamin K: 13.54µg (12.9%), Fiber: 3.13g (12.53%), Potassium: 417.51mg (11.93%), Magnesium: 41.16mg (10.29%), Folate: 35.42µg (8.86%), Vitamin B1: 0.12mg (7.7%), Vitamin B3: 1.5mg (7.52%), Iron: 1.27mg (7.08%), Vitamin E: 0.97mg (6.48%), Vitamin B5: 0.48mg (4.76%)