



WHATSheATE



Crab-Stuffed Poblano Chiles With Mango Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 6 ounce lump crab meat drained canned
- ☐ 1 cup mangos peeled chopped
- ☐ 1 teaspoon oregano dried
- ☐ 3 tablespoons parmesan cheese fresh divided grated

- ☐ 0.1 teaspoon pepper
- ☐ 20 inch poblano chiles halved lengthwise seeded
- ☐ 0.3 cup bell pepper red chopped
- ☐ 15 ounce carton ricotta cheese fat-free
- ☐ 1 tablespoon citrus champagne vinegar

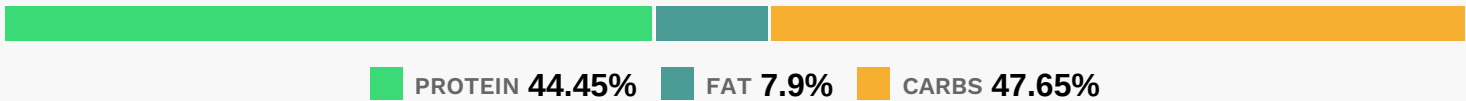
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a small bowl; stir well. Cover and chill.
- ☐ Preheat oven to 35
- ☐ Combine 2 tablespoons Romano cheese, oregano, mustard, pepper, and ricotta cheese in a food processor, and process until smooth. Spoon into a bowl, and stir in artichokes and crabmeat. Divide mixture evenly among the chile halves, and sprinkle with 1 tablespoon Romano cheese.
- ☐ Place stuffed chiles on a baking sheet, and bake at 350 for 30 minutes or until lightly browned.
- ☐ Serve chiles with mango salsa, and garnish with cilantro sprigs, if desired.
- ☐ Note: Substitute 4 red or green bell peppers for poblano chiles, if desired.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:3.11, Inflammation Score:-8, Nutrition Score:14.064782769784%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 191.89kcal (9.59%), Fat: 1.51g (2.32%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 17.49g (6.36%), Sugar: 10.71g (11.9%), Cholesterol: 37.42mg (12.47%), Sodium: 909.14mg (39.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.14%), Vitamin B12: 3.87µg (64.54%), Vitamin C: 44.19mg (53.56%), Calcium: 250.14mg (25.01%), Selenium: 17.03µg (24.34%), Copper: 0.46mg (22.77%), Vitamin A: 944.8IU (18.9%), Zinc: 2.74mg (18.28%), Phosphorus: 133.28mg (13.33%), Fiber: 2.95g (11.81%), Folate: 45.1µg (11.27%), Vitamin B6: 0.19mg (9.37%), Magnesium: 31.63mg (7.91%), Vitamin K: 7.19µg (6.85%), Potassium: 219.43mg (6.27%), Manganese: 0.11mg (5.59%), Vitamin B3: 0.97mg (4.85%), Vitamin E: 0.72mg (4.83%), Vitamin B2: 0.06mg (3.79%), Iron: 0.67mg (3.75%), Vitamin B1: 0.05mg (3.25%), Vitamin B5: 0.31mg (3.09%)