



Creamy Crepes Poblano

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 bay leaves
- 8 cornmeal crepes
- 0.3 cup flour all-purpose
- 0.5 cup corn kernels fresh (1 ear)
- 1 garlic clove minced
- 2 garlic cloves thinly sliced
- 1 teaspoon ground cumin
- 1 cup milk 1% low-fat
- 2 ounces monterrey jack cheese shredded

- 1 teaspoon oregano dried
- 1 pound poblano chiles (6 chiles)
- 0.3 teaspoon salt
- 1 pound skinned
- 1 teaspoon stick margarine
- 1 cup tomatoes diced
- 2.5 cups water

Equipment

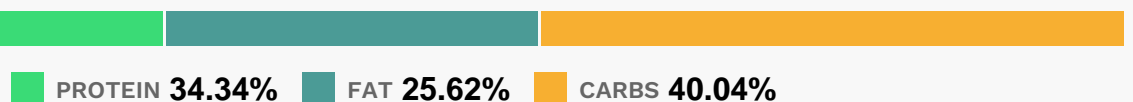
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil
- broiler
- ziploc bags
- colander

Directions

- Preheat broiler.
- Place chiles on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally.
- Place in a zip-top plastic bag, and seal.
- Let stand for 15 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes; chop chiles, and set aside.

- Bring water, thinly sliced garlic, and bay leaves to a boil in a saucepan; add chicken. Reduce heat; simmer 20 minutes or until chicken is done.
- Remove chicken; cool. Strain broth through colander into a bowl; discard solids. Reserve 1 cup broth. Shred chicken with 2 forks.
- Preheat oven to 42
- Combine flour and salt in a bowl; gradually add milk to flour mixture, stirring constantly with a whisk. Melt butter in a medium saucepan over medium heat; add oregano, cumin, and minced garlic, and saut1 minute.
- Add flour mixture and reserved 1 cup broth, and cook until thick (about 4 minutes), stirring constantly with a whisk.
- Remove 1 cup sauce; set aside.
- Add 1/2 cup chiles and corn to remaining sauce in pan; cook 2 minutes over medium-low heat.
- Remove from heat; stir in cheese.
- Combine chicken, reserved 1 cup sauce, and remaining 1/2 cup chiles in a bowl.
- Spoon about 1/4 cup chicken mixture down center of each crepe; roll up.
- Place crepes, seam sides down, in a 13 x 9-inch baking dish coated with cooking spray, and spoon cheese sauce over crepes.
- Bake at 425 for 15 minutes or until bubbly.
- Sprinkle with tomato.
- Note: Two (5-ounce) cans of green chiles, drained and chopped may be substituted for poblano chiles.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:6.72, Inflammation Score:-9, Nutrition Score:26.462608897168%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 5.34mg, Luteolin: 5.34mg, Luteolin: 5.34mg, Luteolin: 5.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg,

Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 407.93kcal (20.4%), Fat: 11.53g (17.75%), Saturated Fat: 5.06g (31.59%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 37.23g (13.54%), Sugar: 15.87g (17.63%), Cholesterol: 100.07mg (33.36%), Sodium: 571.41mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.59%), Vitamin C: 99.65mg (120.78%), Vitamin B3: 13.67mg (68.36%), Selenium: 43.59µg (62.27%), Vitamin B6: 1.24mg (61.87%), Phosphorus: 427.86mg (42.79%), Potassium: 896.75mg (25.62%), Calcium: 244.65mg (24.46%), Vitamin B5: 2.2mg (21.99%), Vitamin A: 1084.65IU (21.69%), Vitamin B2: 0.36mg (21.11%), Vitamin B1: 0.31mg (20.35%), Manganese: 0.39mg (19.27%), Magnesium: 70.15mg (17.54%), Vitamin K: 15.23µg (14.51%), Iron: 2.52mg (14.02%), Fiber: 3.34g (13.38%), Folate: 53.27µg (13.32%), Zinc: 1.78mg (11.89%), Vitamin B12: 0.71µg (11.76%), Copper: 0.2mg (9.78%), Vitamin E: 1.05mg (7.01%), Vitamin D: 0.85µg (5.65%)