



Creamy Poblano Pepper Strips (Rajas)

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

203 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup crème fraîche
- ☐ 2 ears corn
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 6 servings kosher salt and ground pepper fresh black
- ☐ 6 poblano chiles fresh canned peeled or ,
- ☐ 3 tablespoons vegetable oil
- ☐ 1 medium onion white thinly sliced

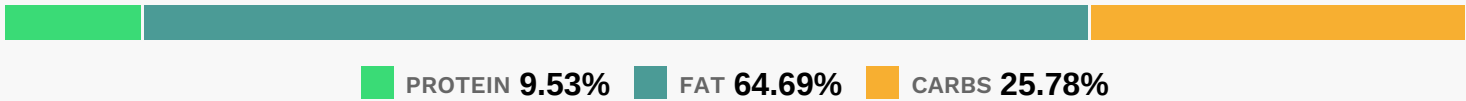
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ stove
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Char the poblano chiles directly over the gas flame on the stove or under the broiler until blackened on all sides. Enclose in a plastic bag and let steam for about 10 minutes.
- ☐ Add the oil to a heavy large skillet over medium heat. When the oil is hot, add the onion and saute until translucent, about 5 minutes.
- ☐ Add the corn and cook for an additional 3 minutes. Set aside.
- ☐ Peel and seed the chiles.
- ☐ Cut the chiles into 1/4 to 1/2-inch strips (rajas) and add the strips to the onion and corn mixture and saute until the corn is tender, about 5 minutes.
- ☐ Add the heavy cream and Mexican crema and cook until bubbling, about for 8 minutes.
- ☐ Add the cheese and stir until melted and smooth. Season the rajas with salt and pepper, to taste.
- ☐ Transfer to a serving dish and serve.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:11.817391333373%

Flavonoids

Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg,

Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 203.39kcal (10.17%), Fat: 15.4g (23.69%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 10.87g (3.95%), Sugar: 6.16g (6.84%), Cholesterol: 24.8mg (8.27%), Sodium: 302.38mg (13.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Vitamin C: 99.13mg (120.16%), Vitamin K: 22.03µg (20.98%), Vitamin B6: 0.33mg (16.37%), Vitamin A: 759.21IU (15.18%), Fiber: 2.93g (11.74%), Manganese: 0.22mg (10.97%), Calcium: 109.36mg (10.94%), Phosphorus: 103.38mg (10.34%), Potassium: 333.11mg (9.52%), Vitamin B1: 0.13mg (8.41%), Vitamin E: 1.14mg (7.58%), Folate: 30.08µg (7.52%), Magnesium: 28.08mg (7.02%), Vitamin B2: 0.11mg (6.48%), Vitamin B3: 1.14mg (5.69%), Copper: 0.11mg (5.31%), Zinc: 0.63mg (4.2%), Vitamin B5: 0.4mg (4.01%), Iron: 0.68mg (3.78%), Selenium: 1.94µg (2.76%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.22µg (1.43%)