



Creamy Poblano Strips

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 2 tsp garlic minced
- 0.3 cup milk
- 1 tsp oil
- 1 onion sliced
- 3 roasted poblano chiles peeled thinly sliced
- 0.3 cup mozzarella cheese shredded kraft
- 1 vegetable cube

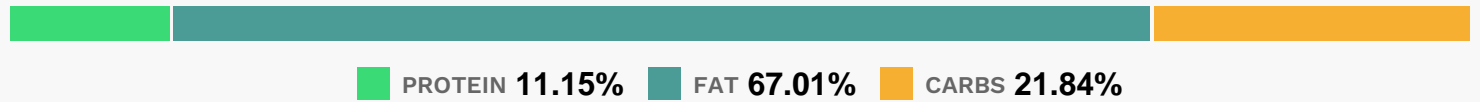
Equipment

- frying pan
- blender

Directions

- Blend milk, cream cheese, garlic and bouillon cube in blender 1 min. or until smooth; set aside.
- Heat oil in large skillet on medium-high heat.
- Add chiles and onions; cook 5 min. or until onions are tender, stirring frequently. Stir in cream cheese mixture; simmer on medium-low heat 5 min. or until heated through, stirring frequently.
- Top with mozzarella; cover. Cook 1 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:6.36, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:1.5908695517675%

Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 27.78kcal (1.39%), Fat: 2.14g (3.29%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.84g (0.94%), Cholesterol: 5.76mg (1.92%), Sodium: 50.03mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin C: 11.88mg (14.4%), Vitamin A: 125.39IU (2.51%), Vitamin B6: 0.04mg (2.22%), Calcium: 15.9mg (1.59%), Phosphorus: 15.76mg (1.58%), Manganese: 0.03mg (1.39%), Vitamin B2: 0.02mg (1.32%), Fiber: 0.33g (1.3%), Vitamin K: 1.33µg (1.27%), Potassium: 42.81mg (1.22%)