



Dinner Tonight: Calabazas Horneadas (Baked Squash, Chiles, and Corn Tacos)

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 ears corn fresh
- ☐ 3 servings corn tortillas fresh
- ☐ 6 garlic clove minced
- ☐ 0.3 pound mexican cheese blend grated (chihuahua or even queso fresco)
- ☐ 0.5 cup crema mexicana sour
- ☐ 2 poblano pepper fresh

- ☐ 3 servings salt and pepper black
- ☐ 0.5 pound baby squash cut into 1-inch wedges
- ☐ 1 large onion white thinly sliced

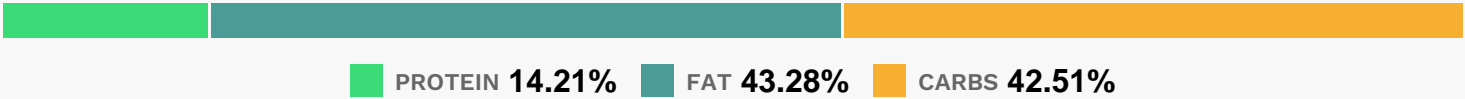
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ ziploc bags

Directions

- ☐ Preheat the oven to 350°F. Meanwhile, cut off the corn kernels from the cobs. Break the cobs in half, and then place in a saucepan with 2 cups of water. Bring to a boil, and then reduce heat to medium. Cook for 30 minutes.
- ☐ Meanwhile, blacken the skins of the poblanos by placing them on top of a burner on the stove. Cook them until they are charred all over, turning often, and then transfer to a plastic bag.
- ☐ Let them hang out for at least 10 minutes. Then peel off their skin, remove the stems and seeds, and then cut into 1/4 inch thick strips.
- ☐ In a large iron skillet, melt the butter over medium heat. Then add the onions. Cook until transparent, about 5 minutes or so. Then add the corn kernels, squash wedges, and garlic. Cook for about 10 minutes, stirring often.
- ☐ Add the poblano strips and cook for an additional 10 minutes.
- ☐ Strain the liquid away from the corn cobs.
- ☐ Pour 1/2 cup of the liquid into the pot with the squash and poblanos, along with the epazote. Cook for 5 minutes. Turn off the heat, and add the crema. Season with salt and pepper to taste.
- ☐ Sprinkle the cheese on top.
- ☐ Transfer the skillet to the oven and bake for 15 minutes.
- ☐ Serve with corn tortillas.

Nutrition Facts



Properties

Glycemic Index:55.83, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:25.52956538615%

Flavonoids

Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg

Nutrients (% of daily need)

Calories: 451.7kcal (22.59%), Fat: 22.95g (35.31%), Saturated Fat: 9.32g (58.27%), Carbohydrates: 50.72g (16.91%), Net Carbohydrates: 43.45g (15.8%), Sugar: 13.31g (14.79%), Cholesterol: 66.79mg (22.26%), Sodium: 649.31mg (28.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin A: 9042.76IU (180.86%), Vitamin C: 91.35mg (110.73%), Calcium: 402.71mg (40.27%), Phosphorus: 392.92mg (39.29%), Manganese: 0.65mg (32.73%), Vitamin B6: 0.59mg (29.62%), Fiber: 7.27g (29.1%), Magnesium: 101.71mg (25.43%), Potassium: 826.65mg (23.62%), Vitamin B1: 0.33mg (21.91%), Folate: 82.18µg (20.54%), Vitamin B3: 3.42mg (17.08%), Zinc: 2.27mg (15.12%), Vitamin B2: 0.25mg (14.45%), Selenium: 9.32µg (13.32%), Vitamin B5: 1.25mg (12.51%), Copper: 0.24mg (12.12%), Vitamin E: 1.74mg (11.57%), Iron: 2.02mg (11.22%), Vitamin K: 8.55µg (8.14%), Vitamin B12: 0.47µg (7.88%), Vitamin D: 0.19µg (1.26%)