



 **57%**
HEALTH SCORE

Dinner Tonight: Chiles en Nogada

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



1099 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces evaporated milk
- 6 cloves garlic minced
- 0.5 teaspoon ground cumin
- 1 pound ground pork
- 6 ounces cup heavy whipping cream
- 2 tablespoons olive oil
- 2 large onion diced
- 8 ounces peaches diced canned

- 8 ounces pineapple diced
- 4 poblano pepper
- 4 servings pomegranate seeds for garnish
- 8 ounces raisins
- 2 roma tomatoes diced
- 4 servings salt and pepper to taste
- 2 ounces cooking sherry sweet
- 4 ounces walnut pieces chopped

Equipment

- food processor
- bowl
- frying pan
- oven
- blender

Directions

- Over an open flame, char the poblano peppers until the skins are blackened, then transfer to a bowl covered with a towel for 10 minutes to allow the steam to loosen the skins. Slip off the skins and carefully split the peppers along one side.
- Remove the seeds and membrane and rinse them carefully. Set aside to dry.
- In the meantime, heat the olive oil in a large skillet over medium-high heat and add the onions and garlic. Cook until lightly browned, a few minutes, then add the tomatoes and cook for an additional two minutes.
- Add the pork with a good few pinches of salt, breaking the pork up into small pieces as it cooks, until it is no longer pink and starting to take on some color.
- Add the pineapple, raisins, and peaches, and cook for an additional 5 minutes.
- Add the cumin and season to taste.
- To make the walnut sauce, purée the walnuts in a blender or small food processor with the cream and evaporated milk, and sherry if using. Season to taste with salt and pepper

To assemble the peppers, stuff them carefully with the mixture and, if desired, warm them through in a low oven. Top with the walnut sauce and pomegranate seeds, if using, and serve.

Nutrition Facts

PROTEIN 11.47% **FAT 54.36%** **CARBS 34.17%**

Properties

Glycemic Index:92.43, Glycemic Load:41.41, Inflammation Score:-9, Nutrition Score:42.196956282077%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 18.57mg, Quercetin: 18.57mg, Quercetin: 18.57mg, Quercetin: 18.57mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 1099.23kcal (54.96%), Fat: 68.97g (106.11%), Saturated Fat: 23.05g (144.05%), Carbohydrates: 97.55g (32.52%), Net Carbohydrates: 82.88g (30.14%), Sugar: 34.13g (37.92%), Cholesterol: 137.92mg (45.97%), Sodium: 335.97mg (14.61%), Alcohol: 1.46g (100%), Alcohol %: 0.26% (100%), Protein: 32.75g (65.51%), Vitamin C: 150.21mg (182.08%), Manganese: 2.17mg (108.72%), Vitamin B1: 1.25mg (83.59%), Vitamin B6: 1.31mg (65.52%), Fiber: 14.67g (58.68%), Copper: 1.07mg (53.44%), Phosphorus: 533.28mg (53.33%), Potassium: 1804.74mg (51.56%), Selenium: 34.28µg (48.97%), Vitamin B2: 0.73mg (43%), Vitamin B3: 7.85mg (39.23%), Magnesium: 141.18mg (35.3%), Vitamin K: 34.58µg (32.93%), Vitamin A: 1627.8IU (32.56%), Zinc: 4.71mg (31.42%), Folate: 116.89µg (29.22%), Iron: 4.97mg (27.63%), Calcium: 224.12mg (22.41%), Vitamin E: 3.22mg (21.5%), Vitamin B5: 2.04mg (20.4%), Vitamin B12: 0.91µg (15.12%), Vitamin D: 0.71µg (4.72%)