



Eggplant and Manchego Filled Chile Relleno with Red Pepper-Balsamic Sauce

READY IN



135 min.

SERVINGS



4

CALORIES



1584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups balsamic vinegar
- ☐ 1 tablespoon chipotle in adobo chopped
- ☐ 3 tablespoons crème fraîche
- ☐ 1.5 cups beer dark
- ☐ 3 japanese eggplants cut into 1/2-inch dice
- ☐ 3 large eggs
- ☐ 1 tablespoon flat-leaf parsley leaves fresh finely chopped
- ☐ 1.5 cups flour all-purpose

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoons garlic finely chopped
- ☐ 3 to 4 roasted garlic cloves
- ☐ 1 tablespoon honey
- ☐ 1 tablespoons honey
- ☐ 1 cup manchego cheese grated
- ☐ 1 cup monterey jack grated
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons oregano leaves fresh finely chopped
- ☐ 4 servings freshly parsley leaves chopped for garnish
- ☐ 4 cups vegetable oil; peanut oil preferred
- ☐ 1 tablespoon red wine vinegar
- ☐ 3 roasted peppers red peeled seeded chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.5 cups cornmeal yellow
- ☐ 4 medium to 6 peeled seeded

Equipment

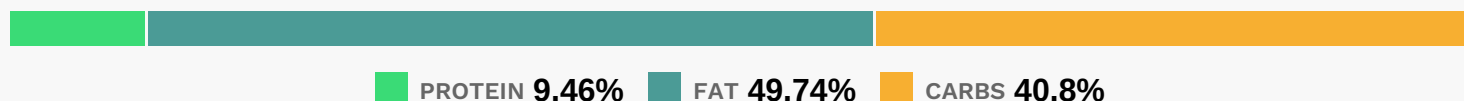
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Watch how to make this recipe.

- ☐ Preheat the oven to 425 degrees F.
- ☐ Toss the eggplant with the olive oil and season with salt and pepper and place onto a baking sheet.
- ☐ Place the baking sheet into the oven and roast for 10 minutes.
- ☐ Remove the baking sheet from the oven and toss with the garlic and oregano and place back into the oven for another 10 minutes, until the eggplant is lightly golden brown and soft.
- ☐ Remove from the oven, add the parsley and gently toss to combine.
- ☐ Let cool slightly.
- ☐ Place the eggplant into a bowl and toss with the cheeses. Set aside.
- ☐ Combine the ingredients in a blender and blend until smooth. Set aside.
- ☐ Bring the vinegar to a boil in a small nonreactive saucepan and cook until thickened and reduced to about 3/4 cup. Stir in the honey and set aside.
- ☐ Whisk all ingredients together in a large bowl. Set aside.
- ☐ Divide the eggplant filling among the peppers, compressing it into the shape of the pepper (the roasted pepper is very delicate and may begin to tear, but it will be fine).
- ☐ Place the flour onto a plate and season with salt and pepper. Dredge the pepper completely in the flour and tap off any excess. Dip the peppers into the beer batter and allow excess to drain off.
- ☐ Place the cornmeal on a plate and season with salt and pepper and dredge the pepper in the cornmeal.
- ☐ In a large frying pan, heat the oil to 370 degrees F.
- ☐ Fry the peppers in batches, turning until lightly brown, about 4 minutes.
- ☐ Drain on paper towels. Spoon some of the sauce in the middle of the plate.
- ☐ Place a relleno on top of the sauce and drizzle the relleno with some of the balsamic reduction.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:160.39, Glycemic Load:79.81, Inflammation Score:-10, Nutrition Score:52.369999802631%

Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 5.68mg, Luteolin: 5.68mg, Luteolin: 5.68mg, Luteolin: 5.68mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1583.64kcal (79.18%), Fat: 85.74g (131.9%), Saturated Fat: 24.65g (154.09%), Carbohydrates: 158.29g (52.76%), Net Carbohydrates: 136.92g (49.79%), Sugar: 54.29g (60.32%), Cholesterol: 200.18mg (66.73%), Sodium: 843.47mg (36.67%), Alcohol: 3.45g (100%), Alcohol %: 0.35% (100%), Protein: 36.67g (73.35%), Vitamin C: 124.32mg (150.69%), Vitamin K: 128.26µg (122.15%), Manganese: 2.21mg (110.64%), Fiber: 21.37g (85.48%), Vitamin E: 11.45mg (76.32%), Calcium: 719.6mg (71.96%), Folate: 247.27µg (61.82%), Vitamin B6: 1.2mg (59.76%), Phosphorus: 569.85mg (56.98%), Selenium: 39.14µg (55.91%), Vitamin B1: 0.83mg (55.19%), Iron: 9.36mg (52%), Potassium: 1690.15mg (48.29%), Vitamin B2: 0.82mg (48.24%), Magnesium: 190.11mg (47.53%), Vitamin B3: 8.16mg (40.78%), Copper: 0.74mg (37.17%), Vitamin A: 1759.63IU (35.19%), Zinc: 4.68mg (31.2%), Vitamin B5: 2.45mg (24.48%), Vitamin B12: 0.6µg (10.08%), Vitamin D: 0.92µg (6.13%)