



Four Cheese Chiles Rellenos

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups chile sauce red
- 16 large chiles anchos peeled seeded
- 8 oz colby & monterey jack cheeses shredded kraft
- 8 oz philadelphia cream cheese softened
- 8 oz cheddar cheese shredded kraft

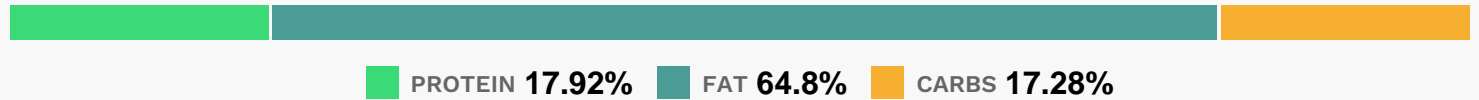
Equipment

- oven

Directions

- Mix cream cheese and shredded cheeses.
- Stuff chiles with cheese mixture.
- Fry or bake as directed in your favorite stuffed chiles recipe.
- Serve with your favorite red chile sauce.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:11.430434753066%

Nutrients (% of daily need)

Calories: 157.03kcal (7.85%), Fat: 11.69g (17.98%), Saturated Fat: 6.79g (42.41%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.02g (2.19%), Sugar: 4.02g (4.47%), Cholesterol: 33.57mg (11.19%), Sodium: 184.2mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.55%), Vitamin C: 94.84mg (114.96%), Vitamin A: 1006.96IU (20.14%), Vitamin B6: 0.36mg (17.85%), Calcium: 178.09mg (17.81%), Phosphorus: 144.27mg (14.43%), Vitamin B2: 0.18mg (10.32%), Vitamin K: 10.06µg (9.58%), Selenium: 6.16µg (8.8%), Potassium: 250.62mg (7.16%), Zinc: 0.99mg (6.62%), Manganese: 0.13mg (6.36%), Magnesium: 22.21mg (5.55%), Folate: 20.62µg (5.16%), Copper: 0.1mg (4.78%), Vitamin E: 0.67mg (4.46%), Iron: 0.8mg (4.43%), Vitamin B3: 0.85mg (4.24%), Vitamin B12: 0.24µg (3.99%), Fiber: 0.99g (3.96%), Vitamin B1: 0.06mg (3.67%), Vitamin B5: 0.27mg (2.68%)