



WHAT'SHEATE



Goat Cheese-Stuffed Jalapeños with Ranchero Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1 teaspoon canola oil
- ☐ 10 corn tortillas warmed
- ☐ 2 ounces cream cheese fat-free block-style softened
- ☐ 1 teaspoon cumin seeds
- ☐ 1 garlic clove minced
- ☐ 3 garlic cloves minced

- ☐ 4 ounces goat cheese softened
- ☐ 10 large jalapeño peppers (4 inches long)
- ☐ 2 cups onion vertically sliced
- ☐ 0.5 teaspoon mexican oregano
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce no-salt-added tomato sauce canned
- ☐ 0.5 cup water

Equipment

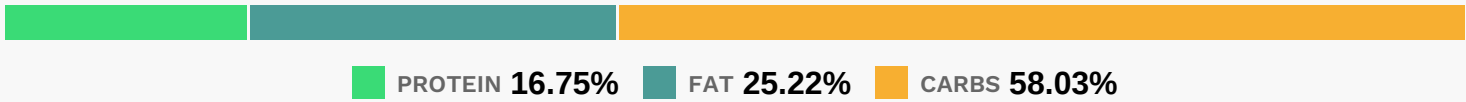
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill pan

Directions

- ☐ To prepare sauce, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion to pan; saut 3 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add 1/2 cup water and next 5 ingredients (through tomato sauce). Cover and simmer 20 minutes. Uncover and simmer 5 minutes.
- ☐ Preheat oven to 40
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add jalapeos to pan; cook 9 minutes or until tender and blackened, turning occasionally.
- ☐ Cut a lengthwise slit in each jalapeo; discard stems, seeds, and membranes.
- ☐ Combine cream cheese and next 3 ingredients (through 1 garlic clove). Fill each jalapeo with about 1 tablespoon cheese mixture.
- ☐ Place jalapeos on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 7 minutes or until warm.

Serve with tortillas and sauce.

Nutrition Facts



Properties

Glycemic Index:22.45, Glycemic Load:6.36, Inflammation Score:-6, Nutrition Score:7.4560869076978%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 130.99kcal (6.55%), Fat: 3.79g (5.84%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 16.32g (5.93%), Sugar: 4.38g (4.87%), Cholesterol: 5.9mg (1.97%), Sodium: 443.49mg (19.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin C: 21.72mg (26.32%), Phosphorus: 162.35mg (16.23%), Fiber: 3.33g (13.32%), Vitamin B6: 0.22mg (11.21%), Vitamin A: 544.87IU (10.9%), Manganese: 0.21mg (10.42%), Copper: 0.18mg (8.9%), Calcium: 87.9mg (8.79%), Magnesium: 31.91mg (7.98%), Iron: 1.29mg (7.15%), Vitamin E: 1.02mg (6.83%), Vitamin B2: 0.11mg (6.51%), Potassium: 225.55mg (6.44%), Vitamin B3: 0.92mg (4.58%), Zinc: 0.68mg (4.54%), Vitamin K: 4.51µg (4.29%), Vitamin B1: 0.06mg (4.28%), Folate: 16.84µg (4.21%), Selenium: 2.72µg (3.88%), Vitamin B5: 0.31mg (3.15%), Vitamin B12: 0.08µg (1.26%)