



WHATSheATE



HERDEZ® Chiles Rellenos



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 3 egg whites beaten
- ☐ 12 ounce herdez® tomatilla verde mexican cooking sauce
- ☐ 6 poblano chile peppers seeds removed
- ☐ 1 pinch salt
- ☐ 6 ounces semi-soft mexican cheese such as oaxaca thick cut into strips
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

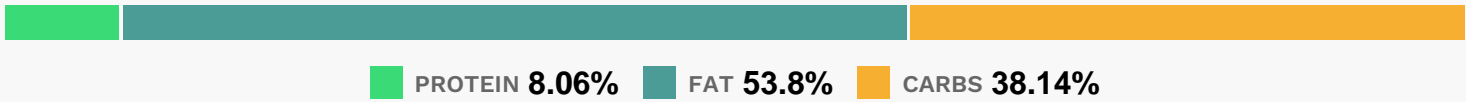
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler to high.
- ☐ Place poblanos on baking sheet lined with foil. Broil each side of poblano chiles until skin is blistered and slightly black, turning to char evenly, about 3 to 5 minutes on each side.
- ☐ Remove from heat and peel off skin that is easily removed, being careful not to split the flesh. Stuff chiles with cheese strips.
- ☐ Mix the salt into the beaten egg whites.
- ☐ Heat 2 tablespoons oil in a large skillet over medium heat. Dip stuffed chiles in egg whites, coating thoroughly, and place them in a single layer in the hot oil. Cook until browned, making sure to turn each chile at least once during the cooking process.
- ☐ Place cooked chiles on plate lined with paper towels.
- ☐ Wipe out skillet. Arrange the chiles in one layer in the skillet and gently pour in Herdez Tomatillo Verde cooking sauce and water. Bring to a quick boil over high heat and reduce heat to low. Simmer until heated through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:10.18434780577%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 240.07kcal (12%), Fat: 14.57g (22.42%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 21.22g (7.72%), Sugar: 17.13g (19.03%), Cholesterol: 28.63mg (9.54%), Sodium: 805.32mg (35.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin C: 95.68mg (115.97%), Vitamin K: 17.74µg (16.89%), Vitamin A: 821.03IU (16.42%), Vitamin B6: 0.28mg (14.16%), Vitamin B2: 0.16mg (9.67%), Fiber: 2.02g (8.09%), Selenium: 5.44µg (7.77%), Potassium: 270.12mg (7.72%), Manganese: 0.15mg (7.5%), Vitamin E: 1.05mg (7.03%), Phosphorus: 56.38mg (5.64%), Vitamin B1: 0.08mg (5%), Copper: 0.09mg (4.51%), Calcium: 41.04mg (4.1%), Magnesium: 16.3mg (4.07%), Folate: 15.05µg (3.76%), Vitamin B5: 0.31mg (3.08%), Vitamin B3: 0.61mg (3.06%), Iron: 0.45mg (2.49%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.08µg (1.26%)