



Juan Diego Michel's Cheese-Stuffed Poblanos



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 large garlic clove unpeeled
- ☐ 0.8 pound grapes green seedless
- ☐ 2 small mangos pitted peeled cut into 1/2-inch cubes (1 pound total)
- ☐ 1 pound monterrey jack cheese cut into 1/2-inch cubes
- ☐ 2 small plantains black ripe peeled halved lengthwise ()
- ☐ 8 servings rice with mint
- ☐ 1 teaspoon salt

- ☐ 2.5 pound tomatoes (8 medium)
- ☐ 3 tablespoons butter unsalted softened well
- ☐ 0.5 cup vegetable oil
- ☐ 1 medium onion white quartered

Equipment

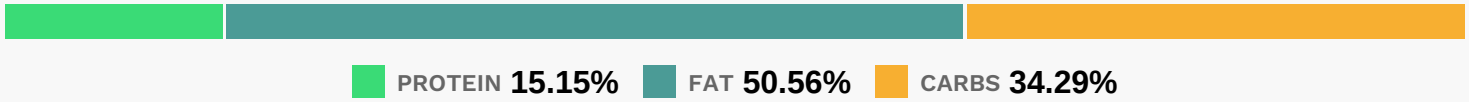
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Broil tomatoes, onion, and garlic in a foil-lined shallow baking pan 2 to 3 inches from heat, turning frequently, until lightly charred on all sides, about 5 minutes for garlic, 12 to 15 minutes for onion and tomatoes (flesh should be soft). Alternatively, char vegetables in a hot well-seasoned griddle or cast-iron skillet over moderate heat.
- ☐ Core tomatoes and peel garlic, then purée both with onion and salt in a blender until smooth (use caution when blending hot ingredients). Force through a large sieve into a bowl, discarding solids.
- ☐ Heat remaining 2 tablespoons oil in a wide 4-quart heavy pot over moderately high heat until just hot. Stir about 1/2 cup tomato sauce into oil (this reduces spattering) and, when bubbling vigorously, add remaining sauce and basil. Fry sauce, stirring occasionally, until thickened, about 10 minutes.
- ☐ Add grapes, plantains, and mangoes to sauce and simmer gently, uncovered, stirring occasionally, until sauce is thickened and fruit is tender but still intact, about 30 minutes. Season sauce with salt.

- ☐ While sauce is simmering, preheat oven to 350°F.
- ☐ Pour sauce over stuffed chiles and bake, covered with foil, until cheese is completely melted and sauce is bubbling, about 30 minutes.
- ☐ · Chiles may be stuffed 1 day ahead and chilled (without sauce), covered.· Dish may be assembled 4 hours ahead. Cool, uncovered, then chill, covered. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:43.87, Glycemic Load:9.34, Inflammation Score:-9, Nutrition Score:19.7999999900486%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 424.1kcal (21.21%), Fat: 24.9g (38.3%), Saturated Fat: 14.06g (87.88%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 34.04g (12.38%), Sugar: 26.12g (29.02%), Cholesterol: 61.75mg (20.58%), Sodium: 642.45mg (27.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.56%), Vitamin C: 49.19mg (59.63%), Vitamin A: 2868.36IU (57.37%), Calcium: 455.56mg (45.56%), Vitamin K: 41.41µg (39.44%), Phosphorus: 323.66mg (32.37%), Potassium: 794.99mg (22.71%), Vitamin B2: 0.34mg (19.92%), Vitamin B6: 0.39mg (19.65%), Manganese: 0.34mg (17.15%), Folate: 67.63µg (16.91%), Fiber: 3.94g (15.77%), Zinc: 2.16mg (14.37%), Magnesium: 57.41mg (14.35%), Selenium: 9.63µg (13.75%), Copper: 0.26mg (12.96%), Vitamin E: 1.81mg (12.08%), Vitamin B1: 0.14mg (9.43%), Vitamin B3: 1.67mg (8.33%), Vitamin B12: 0.48µg (7.99%), Iron: 1.34mg (7.46%), Vitamin B5: 0.54mg (5.41%), Vitamin D: 0.42µg (2.79%)