



Juana's Chicken-Stuffed Poblanos

 Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 0.5 tablespoon corn oil
- 1 teaspoon kosher salt
- 2.5 oz monterrey jack cheese cut into 1/4-inch dice (2/3 cup)
- 1 large onion finely chopped
- 2 plum tomatoes diced finely
- 1.3 lb poblano pepper

- 0.3 cup water

Equipment

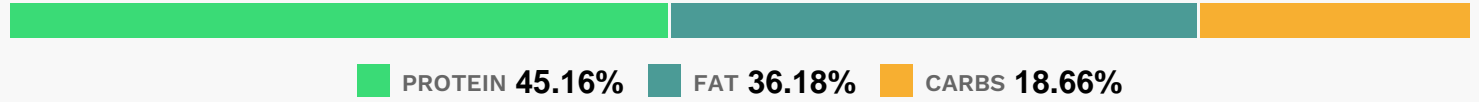
- frying pan
- oven
- baking pan
- aluminum foil
- ziploc bags
- tongs
- broiler pan

Directions

- Lay 4 chiles on their sides on racks of gas burners and turn flames on high. (Or broil all 8 chiles on rack of a broiler pan about 2 inches from heat.) Roast chiles, turning with tongs, until skins are blistered but not blackened, 4 to 6 minutes (do not over roast because chiles may fall apart).
- Transfer immediately to a large plastic bag, then close to allow chiles to steam. Roast remaining chiles in same manner.
- Cook onion in oil in a medium nonstick skillet over moderately low heat, stirring, until onion begins to turn golden, about 4 minutes.
- Add water and cook, stirring occasionally, until water is evaporated and onion is tender, about 5 minutes.
- Add tomatoes and cook, stirring, until softened, about 4 minutes.
- Remove from heat.
- Stir in chicken, salt, and pepper. Cool completely, then stir in cheese.
- Preheat oven to 350°F.
- Rub skins off chiles.
- Cut a slit lengthwise in each chile and carefully remove seeds (leave stem attached).
- Stuff filling into chiles through slits, keeping chiles intact.
- Place chiles in a 13- by 9-inch baking dish and cover tightly with foil.

- Bake chiles in middle of oven until cheese is melted, about 30 minutes.
- Chiles can be stuffed 1 day ahead and chilled, covered.
- Each serving about 200 calories and 10 grams fat
- Gourmet

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:19.308695591014%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 6.68mg, Luteolin: 6.68mg, Luteolin: 6.68mg, Luteolin: 6.68mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg

Nutrients (% of daily need)

Calories: 246.62kcal (12.33%), Fat: 9.97g (15.33%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 8.08g (2.94%), Sugar: 5.9g (6.55%), Cholesterol: 75.27mg (25.09%), Sodium: 747.57mg (32.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.97%), Vitamin C: 120.99mg (146.65%), Vitamin B3: 10.53mg (52.63%), Vitamin B6: 0.82mg (41.1%), Selenium: 22.09µg (31.56%), Phosphorus: 285.33mg (28.53%), Vitamin A: 935.77IU (18.72%), Calcium: 170.49mg (17.05%), Potassium: 573.27mg (16.38%), Manganese: 0.3mg (15.19%), Vitamin K: 14.89µg (14.18%), Fiber: 3.48g (13.93%), Vitamin B2: 0.21mg (12.06%), Magnesium: 47.01mg (11.75%), Vitamin B1: 0.16mg (10.76%), Zinc: 1.54mg (10.25%), Vitamin B5: 0.93mg (9.3%), Copper: 0.17mg (8.63%), Iron: 1.53mg (8.5%), Folate: 31.98µg (8%), Vitamin E: 1.2mg (7.98%), Vitamin B12: 0.39µg (6.42%), Vitamin D: 0.18µg (1.18%)