



HEALTH SCORE

76%

Mexican Stuffed Poblanos



Vegetarian



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bulgur uncooked
- ☐ 4 ounce chiles green undrained chopped canned
- ☐ 2 teaspoons cumin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.8 cup monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 15 ounce no-salt-added pinto beans drained canned
- ☐ 4 poblano chiles
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 cups tomatoes seeded chopped (2)
- ☐ 0.5 cup vegetable broth organic

Equipment

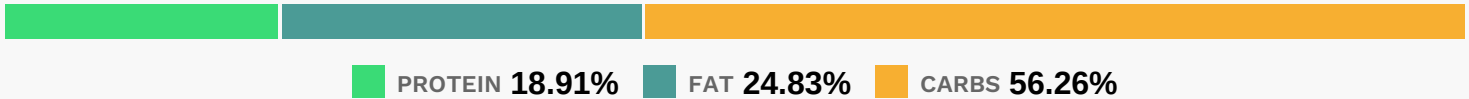
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place poblanos on a foil-lined baking sheet. Broil 5 minutes on each side or until blackened and charred.
- ☐ Place poblanos in a paper bag; fold to close tightly.
- ☐ Let stand 15 minutes; peel.
- ☐ Cut a slit lengthwise in each poblano; discard seeds, keeping chiles intact. Set aside.
- ☐ Reduce the oven temperature to 40
- ☐ Bring vegetable broth to a boil in a medium saucepan; gradually stir in bulgur.
- ☐ Remove from heat; cover and let stand for 30 minutes.

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and garlic to pan; saut for 5 minutes or until the onion is lightly browned.
- ☐ Add beans, green chiles, and cumin. Bring to a boil, reduce heat, and simmer for 10 minutes or until thickened, stirring occasionally.
- ☐ Remove from heat; let stand 10 minutes. Stir in cooked bulgur.
- ☐ Divide bean mixture evenly among poblanos. Press poblanos gently to close.
- ☐ Place poblanos, seam-side up, on a foil-lined baking sheet coated with cooking spray. Top each poblano with 3 tablespoons cheese.
- ☐ Bake the poblanos at 400 for 15 minutes or until lightly browned.
- ☐ Combine tomato and remaining ingredients in a medium bowl.
- ☐ Serve with poblanos.

Nutrition Facts



Properties

Glycemic Index:93.88, Glycemic Load:11.87, Inflammation Score:-9, Nutrition Score:29.856086808702%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.67mg, Luteolin: 5.67mg, Luteolin: 5.67mg, Luteolin: 5.67mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg

Nutrients (% of daily need)

Calories: 400.9kcal (20.04%), Fat: 11.6g (17.85%), Saturated Fat: 4.86g (30.38%), Carbohydrates: 59.12g (19.71%), Net Carbohydrates: 41.6g (15.13%), Sugar: 8.48g (9.42%), Cholesterol: 18.86mg (6.29%), Sodium: 519.11mg (22.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.75%), Vitamin C: 128.37mg (155.6%), Manganese: 1.41mg (70.32%), Fiber: 17.51g (70.06%), Folate: 243.73µg (60.93%), Vitamin B6: 0.81mg (40.25%), Phosphorus: 376.1mg (37.61%), Potassium: 1107.77mg (31.65%), Magnesium: 120.51mg (30.13%), Vitamin A: 1472.75IU (29.45%), Calcium: 272.18mg (27.22%), Vitamin B1: 0.39mg (25.98%), Iron: 4.67mg (25.97%), Vitamin K: 25.56µg (24.34%),

Copper: 0.47mg (23.29%), Vitamin E: 2.64mg (17.63%), Zinc: 2.52mg (16.77%), Selenium: 10.86µg (15.51%), Vitamin B2: 0.25mg (14.84%), Vitamin B3: 2.65mg (13.24%), Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.18µg (2.93%)