



## Mincemeat Stuffed Chiles: Otros Chiles en Frio



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



268 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 1 candied citrus peel chopped
- ☐ 2 tablespoons nonpareil capers
- ☐ 2 garlic cloves finely minced
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.5 pound ground pork tenderloin lean
- ☐ 0.5 pound ground sirloin

- ☐ 2 tablespoons olive oil
- ☐ 12 large poblano chiles peeled
- ☐ 0.3 cup raisins
- ☐ 1 cup roasted pureed peeled
- ☐ 1 teaspoon salt
- ☐ 0.3 cup pineapple vinegar
- ☐ 0.8 cup virgin olive oil
- ☐ 3 cups water
- ☐ 1 tablespoon onion white minced
- ☐ 0.3 cup almonds whole
- ☐ 1 cup almonds whole

## Equipment

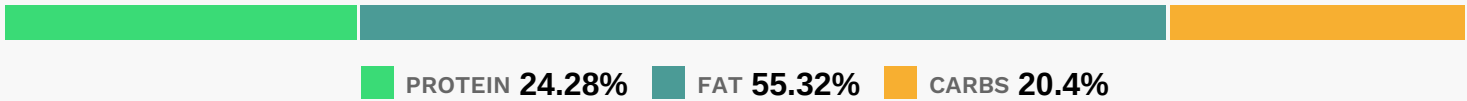
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl

## Directions

- ☐ Simmer the almonds in 2 cups water for 2 minutes in a 1-quart saucepan.
- ☐ Drain and cool.
- ☐ Remove the peels by gently rubbing the almonds between your fingers. Alternatively, you can substitute 1/4 cup already blanched and peeled whole almonds.
- ☐ Coarsely chop almonds and raisins in a food processor and set aside.
- ☐ Heat the oil in a 12-inch skillet over a medium flame.
- ☐ Saute the garlic and onions until the onions become translucent.
- ☐ Add the ground pork and beef and continue sauteing until the meat mixture is browned.
- ☐ Add the pureed tomato and cloves and saute about 1 minute.

- ☐ Add the remaining ingredients, including the ground almonds and raisins. Continue cooking until all the moisture has been reduced. Set the mincemeat aside to cool. Fill each chile with 2 tablespoons of mincemeat stuffing. Arrange the chiles on a bed of lettuce either on individual plates or a large platter. Spoon dressing over the chiles, making sure that each one is thoroughly covered.
- ☐ Serve immediately.
- ☐ Simmer the almonds in 3 cups water for 2 minutes in a 2-quart saucepan.
- ☐ Drain and cool.
- ☐ Remove the peels by gently rubbing the almonds between your fingers. Alternatively, you can substitute 1/4 cup already blanched and peeled whole almonds.
- ☐ Place almonds and capers in a food processor and grind to a fine paste. Slowly add oil and process until mixture attains a pesto-like consistency.
- ☐ Pour into a mixing bowl and briskly stir in the wine or vinegar and salt. Spoon dressing over the chiles, making sure that each one is thoroughly covered.

## Nutrition Facts



## Properties

Glycemic Index:13.4, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:20.716956382212%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 7.74mg, Luteolin: 7.74mg, Luteolin: 7.74mg, Luteolin: 7.74mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

## Nutrients (% of daily need)

Calories: 267.73kcal (13.39%), Fat: 16.83g (25.89%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 9.02g (3.28%), Sugar: 4.92g (5.47%), Cholesterol: 37.56mg (12.52%), Sodium: 272.53mg

(11.85%), Alcohol: 0.69g (100%), Alcohol %: 0.27% (100%), Protein: 16.62g (33.23%), Vitamin C: 132.3mg (160.37%), Vitamin B6: 0.77mg (38.28%), Vitamin E: 5.3mg (35.32%), Manganese: 0.6mg (30.02%), Vitamin B1: 0.41mg (27.56%), Vitamin B3: 4.66mg (23.28%), Phosphorus: 232.54mg (23.25%), Selenium: 15µg (21.43%), Vitamin B2: 0.36mg (20.9%), Fiber: 4.95g (19.8%), Magnesium: 73.23mg (18.31%), Potassium: 635.31mg (18.15%), Copper: 0.33mg (16.46%), Zinc: 2.27mg (15.13%), Vitamin K: 15.84µg (15.08%), Vitamin A: 608.93IU (12.18%), Iron: 1.97mg (10.93%), Vitamin B12: 0.61µg (10.12%), Calcium: 66.78mg (6.68%), Vitamin B5: 0.65mg (6.52%), Folate: 24.74µg (6.19%)