



## Oven-Baked Stuffed Poblano Pepper

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

### Ingredients

- 1 bay leaf
- 22 oz regular corn drained canned
- 2 cloves garlic minced
- 6 oz oscar mayer ham smoked chopped
- 8 oz cheddar & monterey jack cheeses shredded kraft
- 2 Tbsp olive oil
- 1 small onion chopped
- 8 poblano chiles peeled seeded

2 large tomatoes seeded chopped

## Equipment

sauce pan

oven

baking pan

## Directions

Heat oven to 350F.

Heat oil in medium saucepan on medium heat.

Add onions and garlic; cook 2 min., stirring frequently.

Add tomatoes, corn, ham and bay leaf; stir. Cook 10 min., stirring occasionally.

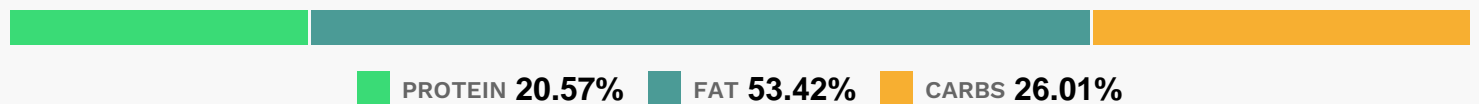
Remove and discard bay leaf.

Fill peppers with tomato mixture; top with cheese.

Place, filled sides up, in single layer in shallow baking dish sprayed with cooking spray.

Bake 15 min. or until cheese is melted and peppers are heated through.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:15.89260871514%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

## Nutrients (% of daily need)

Calories: 282.69kcal (14.13%), Fat: 17.08g (26.27%), Saturated Fat: 7.43g (46.41%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 15.97g (5.81%), Sugar: 4.57g (5.08%), Cholesterol: 38.41mg (12.8%), Sodium: 555.95mg

(24.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Vitamin C: 104.12mg (126.21%), Phosphorus: 241.76mg (24.18%), Calcium: 234.49mg (23.45%), Vitamin B6: 0.43mg (21.31%), Vitamin A: 1038.34IU (20.77%), Vitamin B1: 0.23mg (15.59%), Vitamin K: 15.26µg (14.54%), Potassium: 506.18mg (14.46%), Manganese: 0.27mg (13.58%), Selenium: 9.09µg (12.98%), Vitamin B2: 0.21mg (12.61%), Folate: 48.78µg (12.2%), Vitamin B3: 2.44mg (12.2%), Zinc: 1.82mg (12.12%), Fiber: 2.74g (10.95%), Magnesium: 38.25mg (9.56%), Vitamin E: 1.34mg (8.95%), Copper: 0.16mg (8.1%), Iron: 1.14mg (6.36%), Vitamin B12: 0.37µg (6.19%), Vitamin B5: 0.33mg (3.3%), Vitamin D: 0.32µg (2.13%)