



HEALTH SCORE

60%

Oven Roasted Chile Relleno with Chipotle Asado Sauce



Vegetarian



Gluten Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



1482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



4 servings pepper black freshly ground



3 tablespoons canola oil



1 cup asadero cheese grated



3 tablespoons chipotle chiles in adobo dried



6 egg yolks



5 cloves garlic peeled

- ☐ 3 cups heavy cream
- ☐ 4 poblano chiles fresh
- ☐ 2 cups quinoa rinsed
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 6 ounces mushroom caps julienned
- ☐ 1 Leaves from 2 sprigs thyme fresh
- ☐ 1 Leaves from 3 sprigs thyme fresh
- ☐ 12 tomatoes ripe
- ☐ 4 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 1 medium onion diced yellow
- ☐ 1 small onion yellow julienned

Equipment

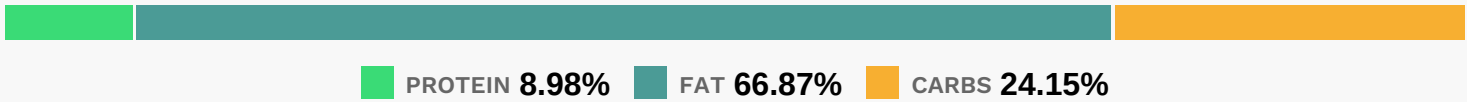
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ mixing bowl

Directions

- ☐ To make the Chile Relleno:Preheat oven to "broil" and roast the chiles until skin blackens, making sure to turn frequently.

- ☐ Remove chiles from the oven and place into a stainless steel mixing bowl. Peel the outer skin, being careful not to tear the flesh of the chile. With a sharp paring knife, make a long slit the length of each chile and then gently remove and discard all of the seeds. Set the chiles aside while you make the filling.
- ☐ Heat the oil in a 4 quart saucepan over medium high heat and saute the onion until translucent.
- ☐ Add quinoa and toast for 3 to 5 minutes, stirring constantly.
- ☐ Add salt, pepper, and water to cover about 2 inches over quinoa. Bring to a boil and then reduce heat and simmer, uncovered, until water is absorbed and quinoa is tender. Turn out onto a baking sheet and allow to cool. In a clean pan, saute the mushrooms in butter over high heat. Season lightly with salt and freshly ground black pepper and allow to cool. In a bowl, combine the cooled quinoa and mushrooms with asadero cheese, eggs, thyme leaves, salt and freshly ground black pepper. Stuff each of the chiles with the filling mixture until they are very full and then set aside while you make the sauce.
- ☐ To make the Asado Sauce:Preheat an oven to 400 degrees F.
- ☐ Quarter the tomatoes and then place into a stainless steel mixing bowl and combine with the onions, garlic, oil, salt, pepper, and thyme. Turn onto a baking sheet and roast in the preheated oven about 15 to 20 minutes or until the tomatoes and onion start to turn black.
- ☐ Remove from the oven and process mixture in a food processor, working in batches if necessary. In a 4-quart saucepan, combine the processed onion-tomato mixture with the chipotles and heavy cream and heat over medium heat for about 10 minutes. Reduce heat to low and keep the sauce warm until you're ready to serve.
- ☐ To serve:Preheat an oven to 350 degrees F.
- ☐ Place the stuffed chiles into the oven and roast for 20 minutes or until heated through. Ladle enough of the warm asado sauce on 4 dinner plates to form large pools and then place 1 chile relleno on each plate and serve.

Nutrition Facts



Properties

Glycemic Index:94.25, Glycemic Load:6.23, Inflammation Score:-10, Nutrition Score:55.922173458597%

Flavonoids

Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 5.84mg, Luteolin: 5.84mg, Luteolin: 5.84mg, Luteolin: 5.84mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 13.97mg, Quercetin: 13.97mg, Quercetin: 13.97mg, Quercetin: 13.97mg

Nutrients (% of daily need)

Calories: 1482.24kcal (74.11%), Fat: 112.84g (173.61%), Saturated Fat: 58.34g (364.64%), Carbohydrates: 91.69g (30.56%), Net Carbohydrates: 76.1g (27.67%), Sugar: 21.74g (24.15%), Cholesterol: 551.66mg (183.88%), Sodium: 764.68mg (33.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.08g (68.17%), Vitamin C: 152.6mg (184.97%), Vitamin A: 7199.52IU (143.99%), Manganese: 2.58mg (129.19%), Phosphorus: 909.84mg (90.98%), Folate: 291.03µg (72.76%), Vitamin B6: 1.38mg (69.02%), Vitamin B2: 1.09mg (64.28%), Magnesium: 257mg (64.25%), Vitamin E: 9.51mg (63.42%), Fiber: 15.59g (62.34%), Potassium: 2002.92mg (57.23%), Vitamin K: 60.03µg (57.17%), Selenium: 39.03µg (55.76%), Copper: 0.95mg (47.32%), Calcium: 466.23mg (46.62%), Vitamin B1: 0.64mg (42.51%), Zinc: 6.09mg (40.59%), Iron: 6.98mg (38.75%), Vitamin D: 4.86µg (32.42%), Vitamin B5: 3.22mg (32.19%), Vitamin B3: 5.94mg (29.68%), Vitamin B12: 1.14µg (18.92%)