



## Padrón Peppers Stuffed with Tetilla Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

### Ingredients

- 2 ounces cheese ()
- 1 teaspoon dijon mustard
- 2 large egg yolk
- 4 garlic clove peeled halved lengthwise
- 2 tablespoons juice of lemon fresh
- 1 cup olive oil light fruity
- 24 pasilla peppers
- 0.5 teaspoon salt

- 3 tablespoons water

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- kitchen thermometer
- mortar and pestle

## Directions

- Mash garlic and salt in medium metal bowl with pestle or back of spoon until paste forms.
- Whisk in egg yolks, 3 tablespoons water, lemon juice, and mustard. Set bowl over saucepan of barely simmering water (do not allow bottom of bowl to touch water) and whisk constantly until mixture thickens and instant-read thermometer inserted into mixture registers 140°F for 3 minutes, 6 to 7 minutes total.
- Remove bowl from over water. Cool mixture to room temperature, whisking occasionally, about 15 minutes.
- Gradually whisk 1 cup oil into yolk mixture in very thin slow stream, whisking until sauce is thick. Season with pepper and more salt, if desired. Cover and chill.
- Cut slit lengthwise down side of each pepper.
- Cut cheese into small rectangular pieces to fit inside peppers. Insert 1 piece cheese into each pepper; press to enclose. do ahead Sauce and peppers can be made 1 day ahead. Cover separately and chill.
- Heat 1 tablespoon oil in heavy large nonstick skillet over medium-high heat.
- Add peppers to skillet; cook until browned in spots and cheese melts (some cheese may ooze out of peppers), turning occasionally, 1 to 2 minutes. Arrange peppers on platter.
- Serve with sauce for dipping.
- \* Padrón peppers can be found at farmers' markets and at [latienda.com](http://latienda.com); shishito peppers can be found at some farmers' markets and at Japanese markets.

- \*\* Tetilla cheese is available at some supermarkets, at specialty foods stores, and online at [latienda.com](http://latienda.com).
- Verdejo, a white wine from the Rueda region (southeast of Galicia), has enough acidity and body to stand up to the peppers and the cheese. José recommends the Bodegas Naia 2006 Naiades (\$29). If you can't find that bottle, try the 2008 Vidal Soblechero "Viña Clavidor" Verdejo (\$13).
- If you can't find Padrón or shishito peppers and Tetilla cheese, use mini bell peppers and jalapeño Jack cheese.
- Bon Appétit

## Nutrition Facts

**PROTEIN 12.36%** **FAT 48.15%** **CARBS 39.49%**

### Properties

Glycemic Index: 12.38, Glycemic Load: 1.24, Inflammation Score: -9, Nutrition Score: 17.327826043834%

### Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 16.85mg, Luteolin: 16.85mg, Luteolin: 16.85mg, Luteolin: 16.85mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

### Nutrients (% of daily need)

Calories: 165.18kcal (8.26%), Fat: 9.58g (14.74%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 11.54g (4.2%), Sugar: 8.73g (9.7%), Cholesterol: 52.99mg (17.66%), Sodium: 212mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin C: 288.95mg (350.24%), Vitamin B6: 0.84mg (42.01%), Vitamin A: 1454IU (29.08%), Vitamin K: 29.9µg (28.48%), Fiber: 6.14g (24.55%), Manganese: 0.47mg (23.35%), Potassium: 645.74mg (18.45%), Vitamin E: 2.27mg (15.14%), Vitamin B1: 0.22mg (14.54%), Copper: 0.25mg (12.39%), Phosphorus: 123.71mg (12.37%), Folate: 44.23µg (11.06%), Magnesium: 38.79mg (9.7%), Calcium: 94.94mg (9.49%), Vitamin B2: 0.16mg (9.19%), Vitamin B3: 1.74mg (8.68%), Iron: 1.41mg (7.84%), Selenium: 4.82µg (6.88%), Zinc: 0.85mg (5.64%), Vitamin B5: 0.53mg (5.26%), Vitamin B12: 0.16µg (2.63%), Vitamin D: 0.27µg (1.81%)