



HEALTH SCORE

81%

Picadillo Chile Relleno



Gluten Free



Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



2041 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons almonds toasted
- ☐ 1 serving freshly cilantro chopped for garnish
- ☐ 6 ounces ground pork
- ☐ 1 cup heavy cream
- ☐ 1 serving kosher salt
- ☐ 0.5 onion diced
- ☐ 2 plantains diced peeled
- ☐ 2 plum tomatoes

- ☐ 1 poblano chile
- ☐ 2 tablespoons raisins
- ☐ 2 serrano chiles stemmed
- ☐ 3 cloves garlic whole finely chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ grill

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the serrano chiles and tomatoes on a very hot grill and cook until charred, 12 to 15 minutes. Stem the chiles and add to a blender with the whole garlic clove and blend until smooth.
- ☐ Sauté the remaining 2 garlic cloves and the onions in a skillet until browned, 2 to 3 minutes.
- ☐ Add the pork and cook until no longer pink, 2 to 3 minutes.
- ☐ Add the tomato/chile sauce to the pork mixture and heat through.
- ☐ Meanwhile, place the poblano chile on the grill until its skin is blackened, 5 to 8 minutes.
- ☐ Remove the skin and seeds, keeping the pepper whole.
- ☐ Sauté half the plantains in a skillet until golden brown, 2 to 3 minutes and then add the pork mixture.
- ☐ Mix in the almonds, raisins and season with salt. Spoon the pork mixture into the poblano chile.
- ☐ Put the chile in the oven and bake until heated through, 15 to 20 minutes.
- ☐ Meanwhile, blend the remaining plantains with the heavy cream. Spoon the plantain sauce on the bottom of a plate and top with the chile relleno.
- ☐ Sprinkle with the cilantro over the top and serve.

Nutrition Facts



 **PROTEIN 9.51%**  **FAT 58.59%**  **CARBS 31.9%**

Properties

Glycemic Index:205.8, Glycemic Load:16.5, Inflammation Score:-10, Nutrition Score:66.033477866131%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 6.11mg, Luteolin: 6.11mg, Luteolin: 6.11mg, Luteolin: 6.11mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg

Nutrients (% of daily need)

Calories: 2041.21kcal (102.06%), Fat: 138.95g (213.77%), Saturated Fat: 69.46g (434.14%), Carbohydrates: 170.25g (56.75%), Net Carbohydrates: 153.29g (55.74%), Sugar: 79.9g (88.78%), Cholesterol: 391.41mg (130.47%), Sodium: 391.07mg (17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.74g (101.49%), Vitamin C: 195.07mg (236.45%), Vitamin A: 9150.52IU (183.01%), Vitamin K: 131.42µg (125.16%), Vitamin B1: 1.77mg (118.22%), Vitamin B6: 2.3mg (115.14%), Potassium: 3580.82mg (102.31%), Vitamin B2: 1.61mg (94.55%), Manganese: 1.83mg (91.59%), Selenium: 57.37µg (81.95%), Phosphorus: 805.2mg (80.52%), Magnesium: 303.82mg (75.95%), Vitamin E: 11.08mg (73.89%), Fiber: 16.96g (67.83%), Vitamin B3: 12.98mg (64.89%), Copper: 0.98mg (49.16%), Zinc: 6.58mg (43.86%), Folate: 154.93µg (38.73%), Iron: 6.71mg (37.27%), Calcium: 335.48mg (33.55%), Vitamin B5: 3.35mg (33.45%), Vitamin B12: 1.57µg (26.19%), Vitamin D: 3.81µg (25.39%)