



Plantain-Stuffed Chipotles Chiles in Escabèche



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 1 medium carrots cut into 1/8-inch dice
- ☐ 24 large chipotle sauce dried red soft (bright chipotle chiles, preferably ; 3 ounces)
- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons t brown sugar dark packed grated (unrefined brown sugar; sometimes called panela)
- ☐ 3 sprigs marjoram dried fresh crumbled
- ☐ 3 sprigs thyme dried fresh crumbled
- ☐ 3 cloves garlic finely chopped

- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 6 tablespoons olive oil
- ☐ 2 large plantains black very ripe (skin should be predominantly ;)
- ☐ 1 medium onion red halved lengthwise thinly sliced
- ☐ 1 tablespoon salt
- ☐ 2 turkish bay leaf
- ☐ 3.8 cups water

Equipment

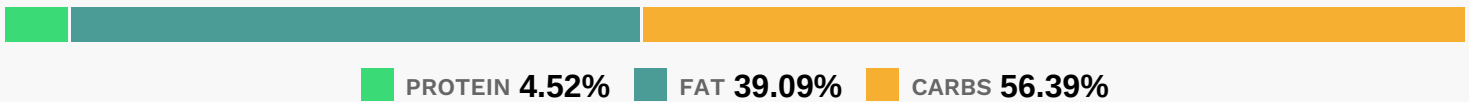
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Bring granulated sugar, 3 cups water, and 1 tablespoon salt to a boil in a 1 1/2- to 2-quart saucepan, stirring until sugar is dissolved, then reduce heat to simmer. While water is coming to a boil, prepare chiles.
- ☐ Cut a slit from stem to point down 1 side of each chile with kitchen shears. (Some brands of chiles may be precut.)
- ☐ Add chiles to sugar water and simmer 5 minutes, then remove pan from heat and cool chiles in liquid while making escabeche and filling.
- ☐ Cook carrot in 1/4 cup oil in a 10-inch heavy skillet over moderately low heat, covered, stirring occasionally, until crisp-tender, 3 to 5 minutes.
- ☐ Add allspice, thyme, marjoram, bay leaves, vinegar, piloncillo, 2 1/2 teaspoons garlic, and remaining 3/4 cup water, then bring to a simmer, stirring until piloncillo is dissolved.
- ☐ Remove from heat and stir in 1/2 teaspoon salt and half of onion.
- ☐ Transfer escabeche to a bowl and cool while making filling and stuffing chiles.

- ☐ Cut off ends of plantains, then remove and discard peel and cut plantains into 1/2-inch cubes. Cook remaining half of onion in remaining 2 tablespoons oil in cleaned skillet over moderate heat, stirring occasionally, until it begins to brown, about 4 minutes.
- ☐ Add remaining 1 1/2 teaspoons garlic and cook, stirring, 30 seconds.
- ☐ Add plantains and cook, stirring occasionally and lightly mashing mixture, until golden brown, about 5 minutes. Stir in remaining 3/4 teaspoon salt and remove from heat.
- ☐ Drain chiles in a colander.
- ☐ Cut off stems with kitchen shears and carefully scrape out all seeds clinging to seedpod and attached to veins with your fingers. Press 1 tablespoon plantain mixture into an egg shape, then stuff into a chile, molding chile around stuffing. (If chile is split in other places, arrange around stuffing and reshape chile.)
- ☐ Transfer chile, slit side down, to a shallow 2-quart glass or ceramic serving dish. Stuff remaining chiles with remaining filling, transferring to serving dish and arranging in 1 layer. Spoon escabeche over chiles and marinate, uncovered, at room temperature 1 hour.

Nutrition Facts



Properties

Glycemic Index:43.49, Glycemic Load:3.72, Inflammation Score:-9, Nutrition Score:10.450434757316%

Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 339.25kcal (16.96%), Fat: 15.53g (23.89%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 40.51g (14.73%), Sugar: 31.28g (34.76%), Cholesterol: 0mg (0%), Sodium: 1207.66mg (52.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin A: 2426.73IU (48.53%), Vitamin K: 41.78µg (39.79%), Fiber: 9.88g (39.54%), Vitamin C: 14.23mg (17.25%), Vitamin E: 2.13mg (14.19%), Manganese: 0.25mg (12.6%), Potassium: 384.27mg (10.98%), Vitamin B6: 0.2mg (10.23%), Magnesium: 29.33mg (7.33%), Iron: 1.25mg (6.94%), Folate: 20.69µg (5.17%), Copper: 0.09mg (4.73%), Vitamin B1: 0.06mg (3.88%), Vitamin B2: 0.06mg (3.6%), Phosphorus: 33.47mg (3.35%), Calcium: 33.47mg (3.35%), Vitamin B3: 0.57mg (2.86%), Vitamin B5:

0.25mg (2.45%), Selenium: 1.33µg (1.91%), Zinc: 0.25mg (1.68%)