



Poblano Cream Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



267 kcal

SAUCE

Ingredients

- ☐ 0.8 cup butter
- ☐ 1 cup chicken broth
- ☐ 8 ounce cream cheese softened
- ☐ 6 poblano chiles
- ☐ 2 ounces cheddar cheese shredded

Equipment

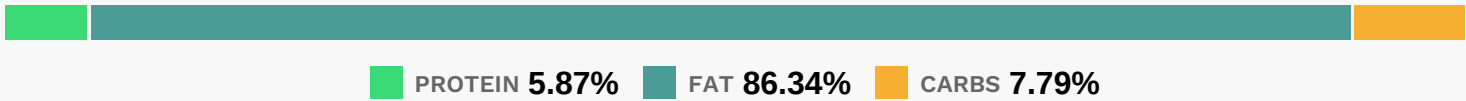
- ☐ food processor
- ☐ frying pan

- ☐ baking sheet
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place chiles on an aluminum foil-lined baking sheet. Broil chiles 3 inches from heat 8 to 10 minutes on each side or until charred.
- ☐ Place chiles in a heavy-duty, zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel and seed chiles, discarding skins.
- ☐ Combine chiles and broth in a blender or food processor; process until smooth.
- ☐ Melt butter in a large skillet over medium heat, and stir in chile mixture.
- ☐ Add cream cheese and cheddar cheese, stirring constantly. Cook 2 to 3 minutes, stirring constantly, until cheeses melt.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:8.5686956125757%

Flavonoids

Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 266.97kcal (13.35%), Fat: 26.34g (40.53%), Saturated Fat: 16.07g (100.45%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 4g (1.46%), Sugar: 3g (3.33%), Cholesterol: 72.94mg (24.31%), Sodium: 341.21mg (14.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin C: 63.78mg (77.31%), Vitamin A: 1168.34IU (23.37%), Vitamin B6: 0.2mg (9.84%), Calcium: 82.5mg (8.25%), Phosphorus: 77.27mg (7.73%), Vitamin B2: 0.13mg (7.63%), Vitamin K: 7.88µg (7.5%), Vitamin E: 1.01mg (6.71%), Selenium: 4.24µg (6.06%), Manganese: 0.11mg (5.61%), Fiber: 1.35g (5.39%), Potassium: 186.19mg (5.32%), Vitamin B1: 0.06mg (3.95%), Zinc: 0.5mg (3.3%), Copper: 0.06mg (3.14%), Magnesium: 12.54mg (3.14%), Folate: 12.09µg (3.02%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.16µg (2.66%), Vitamin B3: 0.47mg (2.36%), Iron: 0.33mg (1.83%)