



Poblano Picadillo Casserole

 Gluten Free

READY IN



79 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3.5 ounce boil-in-bag brown rice such as Success
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound ground sirloin
- ☐ 0.5 cup onion chopped

- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 2 tablespoons pimiento-stuffed olives chopped
- ☐ 4 large poblano chiles halved seeded
- ☐ 2 tablespoons raisins
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 8 ounce no-salt-added tomato sauce canned
- ☐ 0.5 cup water

Equipment

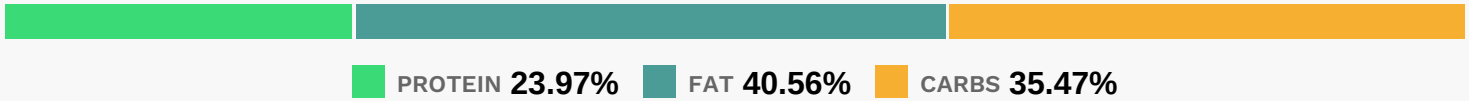
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Place poblano chile halves, skin sides up, on a foil-lined baking sheet coated with cooking spray; flatten with hand. Broil 16 minutes or until blackened.
- ☐ Place chiles in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and discard skins; cut chile halves into strips to measure 3/4 cup. Reserve any remaining chile for another use.
- ☐ While chile stands, cook brown rice according to package directions, omitting salt and fat; drain well.
- ☐ Preheat oven to 35

- ☐ Cook beef, onion, and garlic in a Dutch oven over medium-high heat until browned, stirring to crumble beef. (
- ☐ Drain if necessary, and return beef mixture to pan.)
- ☐ Add rice, diced tomatoes, and next 9 ingredients. Bring to a boil; cook, uncovered, 3 minutes.
- ☐ Spoon 3 cups beef mixture into an 11 x 7-inch baking dish coated with cooking spray. Top with chile strips and remaining beef mixture.
- ☐ Bake, uncovered, at 350 for 20 minutes or until bubbly.
- ☐ Remove from oven; sprinkle with cheese. Cover loosely with foil; let stand 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:53.26, Glycemic Load:11.92, Inflammation Score:-8, Nutrition Score:24.443478353645%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 5.17mg, Luteolin: 5.17mg, Luteolin: 5.17mg, Luteolin: 5.17mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 344.56kcal (17.23%), Fat: 15.93g (24.51%), Saturated Fat: 5.79g (36.16%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 25.85g (9.4%), Sugar: 7.83g (8.7%), Cholesterol: 57.46mg (19.15%), Sodium: 620.68mg (26.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.38%), Vitamin C: 98.28mg (119.13%), Manganese: 1.09mg (54.38%), Vitamin B6: 0.78mg (38.77%), Vitamin B3: 6.19mg (30.93%), Zinc: 4.55mg (30.33%), Phosphorus: 296.27mg (29.63%), Vitamin B12: 1.72µg (28.63%), Potassium: 872.73mg (24.94%), Iron: 3.96mg (22%), Fiber: 5.5g (21.99%), Magnesium: 83.04mg (20.76%), Vitamin E: 3.07mg (20.44%), Selenium: 14.29µg (20.41%), Copper: 0.41mg (20.28%), Vitamin B2: 0.29mg (17.27%), Vitamin B1: 0.25mg (16.39%), Vitamin A: 774.85IU (15.5%), Calcium: 150.24mg (15.02%), Vitamin K: 14.21µg (13.53%), Vitamin B5: 1.12mg (11.25%), Folate: 36.22µg (9.06%)