



Poblanos Stuffed with Goat Cheese Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup buttermilk
- ☐ 4 oz goat cheese crumbled
- ☐ 4 oz chilis diced green drained canned
- ☐ 8 poblano pepper
- ☐ 2 teaspoons salt
- ☐ 2 lb yukon gold potatoes peeled

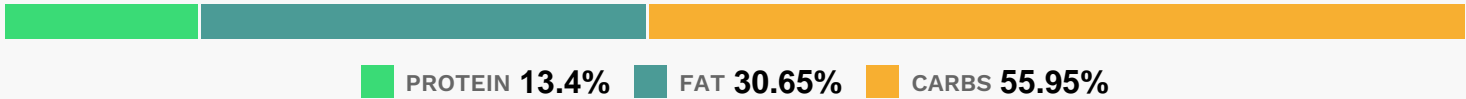
Equipment

- ☐ potato masher
- ☐ grill
- ☐ dutch oven

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Grill peppers, without grill lid, 5 minutes on each side or until peppers look blistered.
- ☐ Place peppers in a large zip-top plastic freezer bag; seal and let stand 10 minutes to loosen skins. Carefully peel peppers.
- ☐ Cut each pepper lengthwise down 1 side, being careful not to cut through other side.
- ☐ Remove and discard seeds and membranes.
- ☐ Cut potatoes into 2-inch pieces. Bring potatoes, salt, and water to cover to a boil in a large Dutch oven over medium-high heat, and cook 20 minutes or until tender; drain. Return potatoes to Dutch oven, reduce heat to low, and cook, stirring occasionally, 3 to 5 minutes or until dry.
- ☐ Mash potatoes with a potato masher. Stir in buttermilk, butter, chiles, and half of goat cheese until blended. Spoon mixture into a gallon-size zip-top plastic freezer bag. (Do not seal.) Snip 1 corner of bag, and pipe mixture into each pepper; top with remaining goat cheese.
- ☐ Grill peppers, covered with grill lid, over 350 to 400 (medium-high) heat 10 to 12 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:14.97, Inflammation Score:-8, Nutrition Score:14.187826078871%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 181.26kcal (9.06%), Fat: 6.42g (9.87%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 21.59g (7.85%), Sugar: 4.23g (4.71%), Cholesterol: 14.87mg (4.96%), Sodium: 730.56mg (31.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin C: 122.86mg (148.93%), Vitamin B6: 0.66mg (32.82%), Potassium: 716.44mg (20.47%), Fiber: 4.76g (19.03%), Manganese: 0.33mg (16.73%), Copper: 0.31mg (15.35%), Vitamin A: 706.69IU (14.13%), Phosphorus: 133.5mg (13.35%), Vitamin B1: 0.17mg (11.57%), Vitamin K: 11.48µg (10.94%), Magnesium: 41.65mg (10.41%), Folate: 39.88µg (9.97%), Iron: 1.75mg (9.75%), Vitamin B3: 1.92mg (9.62%), Vitamin B2: 0.14mg (8.34%), Calcium: 60.28mg (6.03%), Vitamin B5: 0.59mg (5.94%), Zinc: 0.66mg (4.4%), Vitamin E: 0.56mg (3.76%), Selenium: 1.09µg (1.56%), Vitamin B12: 0.07µg (1.12%), Vitamin D: 0.15µg (1.03%)