



Poblanos Stuffed With Pork And Fruit

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



586 kcal

SIDE DISH

Ingredients

- 6 servings cilantro leaves fresh
- 0.5 cup apricot dried chopped
- 0.3 cup peaches dried chopped
- 3 garlic clove pressed
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoons ground cumin
- 2 pounds ground pork

- 1 tablespoon olive oil
- 1 onion chopped
- 1 teaspoon pepper
- 8 large poblano pepper
- 0.5 cup prune- cut to pieces dried chopped
- 0.5 teaspoon salt
- 6 servings tomato sauce

Equipment

- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil
- ziploc bags

Directions

- Place peppers on an aluminum foil-lined baking sheet.
- Bake at 500 for 20 minutes or until peppers look blistered.
- Place peppers in a large heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers, keeping stems intact. Make a slit along 1 side of each pepper; remove and discard seeds and membranes. Set peppers aside.
- Cook pork, onion, and garlic in hot oil in a large skillet over medium heat until pork is browned, stirring until it crumbles; drain. Stir in apricot and next 7 ingredients.
- Stuff peppers evenly with pork mixture, and place in a lightly greased 13- x 9-inch baking dish.
- Bake, covered, at 350 for 20 minutes. Uncover and bake 10 more minutes.
- Serve with Tomato Sauce.
- Garnish, if desired.

Nutrition Facts



■ PROTEIN 20.07% ■ FAT 52.82% ■ CARBS 27.11%

Properties

Glycemic Index:41.4, Glycemic Load:7.7, Inflammation Score:-9, Nutrition Score:34.323477993841%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 10.31mg, Luteolin: 10.31mg, Luteolin: 10.31mg, Luteolin: 10.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg

Nutrients (% of daily need)

Calories: 585.9kcal (29.3%), Fat: 35.42g (54.5%), Saturated Fat: 12.45g (77.79%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 32.23g (11.72%), Sugar: 25.43g (28.26%), Cholesterol: 108.86mg (36.29%), Sodium: 869.84mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.57%), Vitamin C: 187.94mg (227.81%), Vitamin B1: 1.28mg (85.62%), Vitamin B6: 1.28mg (64.2%), Selenium: 38.61µg (55.16%), Vitamin B3: 9.82mg (49.1%), Potassium: 1546.58mg (44.19%), Vitamin A: 2059.84IU (41.2%), Phosphorus: 379.75mg (37.98%), Manganese: 0.73mg (36.35%), Fiber: 8.67g (34.68%), Vitamin B2: 0.56mg (32.87%), Vitamin K: 32.61µg (31.06%), Zinc: 4.11mg (27.41%), Iron: 4.39mg (24.41%), Copper: 0.48mg (24.19%), Vitamin E: 3.5mg (23.31%), Magnesium: 86.63mg (21.66%), Vitamin B5: 1.81mg (18.1%), Vitamin B12: 1.06µg (17.64%), Folate: 45.84µg (11.46%), Calcium: 88.48mg (8.85%)