



Pork-Stuffed Poblanos With Walnut Cream Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds diced toasted
- ☐ 1 small apples chopped
- ☐ 8 servings walnut cream sauce
- ☐ 1 tablespoon cider vinegar
- ☐ 8 servings garnish: cinnamon sticks
- ☐ 1 large garlic clove minced
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound ground pork
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 8 large poblano chile peppers
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup tomato sauce
- ☐ 2 large tomatoes chopped

Equipment

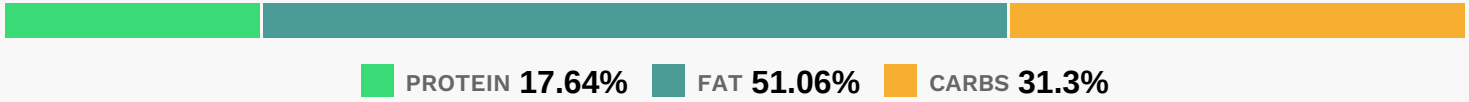
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Broil chile peppers on an aluminum foil-lined baking sheet 5 inches from heat about 5 minutes on each side or until peppers look blistered.
- ☐ Place chile peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers. Gently split chile peppers open lengthwise, keeping stems intact; remove and discard seeds. Set aside.

- ☐ Cook pork in hot oil in a large skillet over medium-high heat until it crumbles and is no longer pink.
- ☐ Add chopped onion and next 4 ingredients; cook, stirring often, 7 minutes or until onion is tender.
- ☐ Stir in tomato and next 4 ingredients. Cover, reduce heat, and simmer 5 minutes. Stir in 1 teaspoon salt.
- ☐ Stir together tomato sauce and next 3 ingredients in a small saucepan over low heat 5 minutes.
- ☐ Spoon about 1/2 cup pork mixture into each pepper, and place in a lightly greased 13- x 9- inch baking dish.
- ☐ Pour tomato sauce mixture over peppers.
- ☐ Bake, covered, at 350 for 30 minutes. Top with Walnut Cream Sauce.
- ☐ Garnish, if desired, and serve over Cinnamon Rice Pilaf.
- ☐ Note: Small green bell peppers may be substituted for poblanos chile peppers. (Do not roast.) Proceed as directed.
- ☐ Bake 45 minutes or until peppers are tender.

Nutrition Facts



Properties

Glycemic Index:50.99, Glycemic Load:5.47, Inflammation Score:-9, Nutrition Score:21.577391272006%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 7.75mg, Luteolin: 7.75mg, Luteolin: 7.75mg, Luteolin: 7.75mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 293.59kcal (14.68%), Fat: 17.47g (26.88%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 17.2g (6.26%), Sugar: 9.92g (11.03%), Cholesterol: 40.83mg (13.61%), Sodium: 555.29mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.16%), Vitamin C: 143.1mg (173.45%), Manganese: 0.88mg (43.76%), Vitamin B1: 0.56mg (37.65%), Vitamin B6: 0.71mg (35.34%), Fiber: 6.89g (27.57%), Vitamin A: 1187IU (23.74%), Potassium: 804.23mg (22.98%), Vitamin E: 3.24mg (21.57%), Vitamin B3: 4.19mg (20.97%), Selenium: 14.66µg (20.95%), Phosphorus: 195.15mg (19.52%), Vitamin K: 18.95µg (18.05%), Vitamin B2: 0.3mg (17.62%), Copper: 0.3mg (15.07%), Magnesium: 60.07mg (15.02%), Iron: 2.3mg (12.79%), Zinc: 1.9mg (12.69%), Folate: 35.08µg (8.77%), Calcium: 81.27mg (8.13%), Vitamin B5: 0.75mg (7.47%), Vitamin B12: 0.4µg (6.62%)