



Potato Cheese Chilies



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chèvre cheese fresh (goat)
- ☐ 0.5 cup feta cheese crumbled
- ☐ 4 oz chilies diced green canned
- ☐ 1 tablespoon green onion chopped
- ☐ 1 pound poblano chilies fresh rinsed (also called pasillas; 6 to 8, equal-size)
- ☐ 2 cups potatoes hot cold mashed (see notes)
- ☐ 1 cup purchased salsa red
- ☐ 4 servings salt

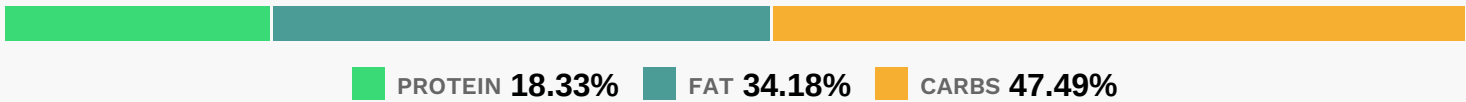
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ In a bowl, use a fork or mixer to blend potatoes, chvre, 1/4 cup cotija, canned chilies, onion, and salt to taste.
- ☐ Wearing rubber gloves, cut poblanos in half lengthwise. With a knife, cut seed lump from beneath the stem inside each chili, leaving stem end in place (to form a cup). Pull out and discard veins. Fill chilies equally with potato mixture. Set chilies in an oiled 9- by 13-inch casserole, filling it. Cover tightly with foil.
- ☐ Bake in a 350 oven for 30 minutes. Uncover, sprinkle with remaining 1/4 cup cotija, and return to oven.
- ☐ Bake until stuffing is dotted with brown, 20 to 25 minutes longer.
- ☐ Serve chilies with a wide spatula.
- ☐ Add salsa and salt to taste.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:18.78, Inflammation Score:-10, Nutrition Score:24.135651909787%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 272.31kcal (13.62%), Fat: 10.85g (16.69%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 28.66g (10.42%), Sugar: 10.18g (11.32%), Cholesterol: 29.74mg (9.91%), Sodium: 532.75mg (23.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.17%), Vitamin C: 272.34mg (330.11%), Vitamin B6: 1.29mg (64.34%), Vitamin A: 2905.03IU (58.1%), Potassium: 1000.26mg (28.58%), Vitamin B2: 0.45mg (26.73%), Phosphorus: 266.87mg (26.69%), Vitamin K: 27.62µg (26.3%), Copper: 0.52mg (25.88%), Manganese: 0.5mg (25.2%), Fiber: 5.26g (21.03%), Folate: 76.9µg (19.23%), Vitamin B3: 3.55mg (17.75%), Magnesium: 69.63mg (17.41%), Iron: 3.12mg (17.36%), Vitamin B1: 0.26mg (17.05%), Calcium: 168.41mg (16.84%), Vitamin E: 1.67mg (11.13%), Vitamin B5: 1.09mg (10.89%), Zinc: 1.57mg (10.49%), Selenium: 4.68µg (6.68%), Vitamin B12: 0.37µg (6.18%), Vitamin D: 0.19µg (1.26%)