



Potato Stuffed Poblano Chiles



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 6 large poblano pepper
- ☐ 3 cups potatoes mashed
- ☐ 1.3 cups ears corn fresh thawed ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 oz chilis green drained chopped canned
- ☐ 1 teaspoon ground cumin
- ☐ 3 oz cheddar cheese shredded

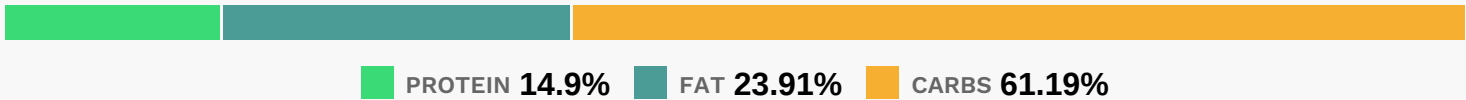
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Set oven control to broil. Line cookie sheet with foil.
- ☐ Place poblano chiles on cookie sheet. Broil 8 minutes, turning once, until blackened.
- ☐ Place blackened chiles in bowl; cover tightly.
- ☐ Let stand 10 minutes. Peel off charred skin from chiles.
- ☐ Heat oven to 350°F. In large bowl, mix mashed potatoes, 1 cup of the corn, the cilantro, green chiles, cumin and 1/2 cup of the cheese.
- ☐ Cut slit down center of each poblano; stuff with potato mixture.
- ☐ Place in shallow baking dish.
- ☐ Sprinkle with remaining 1/4 cup corn and 1/4 cup cheese.
- ☐ Bake uncovered 15 minutes or until cheese is melted and tops are lightly browned.

Nutrition Facts



Properties

Glycemic Index:26.29, Glycemic Load:14.01, Inflammation Score:-8, Nutrition Score:17.174347931924%

Flavonoids

Luteolin: 7.72mg, Luteolin: 7.72mg, Luteolin: 7.72mg, Luteolin: 7.72mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 202.83kcal (10.14%), Fat: 5.73g (8.81%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 26.91g (9.79%), Sugar: 6.71g (7.45%), Cholesterol: 14.17mg (4.72%), Sodium: 184.35mg (8.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Vitamin C: 161.26mg (195.47%), Vitamin B6: 0.74mg (37.01%), Potassium: 852.32mg (24.35%), Fiber: 6.08g (24.31%), Manganese: 0.43mg (21.27%), Phosphorus: 188.52mg (18.85%), Vitamin A: 880.45IU (17.61%), Vitamin K: 16.65µg (15.85%), Vitamin B1: 0.23mg (15.52%), Folate: 59.52µg (14.88%), Magnesium: 57.7mg (14.43%), Calcium: 140.17mg (14.02%), Vitamin B3: 2.58mg (12.89%), Copper: 0.25mg (12.35%), Iron: 2.04mg (11.34%), Vitamin B2: 0.17mg (9.79%), Zinc: 1.21mg (8.09%), Vitamin B5: 0.77mg (7.68%), Selenium: 4.59µg (6.55%), Vitamin E: 0.77mg (5.15%), Vitamin B12: 0.15µg (2.5%)