



 **60%**
HEALTH SCORE

Potatoes with Roasted Poblano Chiles

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cilantro leaves fresh chopped
- 1 large clove garlic minced
- 0.5 teaspoon ground cumin
- 0.5 cup onion finely chopped
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper
- 1 pound poblano chiles fresh (4 to 5 large)
- 1.5 pounds round potatoes red (4 to 6 large)

0.3 teaspoon salt

Equipment

bowl

frying pan

baking sheet

oven

spatula

Directions

Cook potatoes in boiling water to cover 25 minutes or until tender.

Drain and let cool slightly. Cube potatoes; cover and set aside.

Cut chiles in half lengthwise; remove and discard seeds and membranes.

Place chiles, skin side up, on a baking sheet, and flatten with palm of hand. Broil 5 1/2 inches from heat (with electric oven door partially opened) 12 to 15 minutes or until charred.

Place in ice water until cool; peel and discard skins. Coarsely chop chiles.

Coat a large nonstick skillet with cooking spray; place skillet over medium-high heat until hot.

Add onion, garlic, oregano, and cumin; saute 3 minutes or until onion is tender.

Add cubed potato; cook until golden, turning potato gently with a metal spatula.

Add chopped chile, salt, and 1/4 teaspoon pepper; cook just until thoroughly heated.

Transfer to a serving bowl, and sprinkle with cilantro.

Serve immediately.

Nutrition Facts



PROTEIN 11.2% **FAT 2.96%** **CARBS 85.84%**

Properties

Glycemic Index:35.25, Glycemic Load:0.84, Inflammation Score:-8, Nutrition Score:15.133478242418%

Flavonoids

Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 153.44kcal (7.67%), Fat: 0.54g (0.82%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 29.51g (10.73%), Sugar: 5.8g (6.44%), Cholesterol: 0mg (0%), Sodium: 180.86mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin C: 107.55mg (130.36%), Vitamin B6: 0.58mg (29.16%), Potassium: 1017.09mg (29.06%), Manganese: 0.47mg (23.31%), Fiber: 5.45g (21.78%), Copper: 0.32mg (16%), Vitamin K: 16.76µg (15.96%), Vitamin B1: 0.22mg (14.38%), Phosphorus: 135.57mg (13.56%), Magnesium: 53.43mg (13.36%), Vitamin B3: 2.56mg (12.82%), Folate: 47.01µg (11.75%), Iron: 2.05mg (11.36%), Vitamin A: 444.73IU (8.89%), Vitamin B5: 0.62mg (6.22%), Vitamin B2: 0.09mg (5.55%), Zinc: 0.78mg (5.19%), Calcium: 45.27mg (4.53%), Vitamin E: 0.54mg (3.62%), Selenium: 1.1µg (1.57%)