



Quinoa-Stuffed Poblano Chiles



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon teaspoon cilantro dried fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup green onions minced
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 cup onion chopped

- ☐ 20 inch poblano chiles
- ☐ 2 tablespoons pumpkin seed kernels unsalted
- ☐ 0.8 cup quinoa uncooked
- ☐ 0.5 cup bell pepper red chopped
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 2 cups sacramento tomato juice
- ☐ 1.5 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cut chiles in half lengthwise; remove stems and seeds. Set aside.
- ☐ Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed. Set aside.
- ☐ Spray a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add bell peppers, onion, jalapeo pepper, and garlic; saut 2 minutes.
- ☐ Add pumpkin seed kernels; saute 2 minutes.
- ☐ Remove from heat; stir in quinoa, green onions, cilantro, soy sauce, and lime juice. Spoon 1/3 cup quinoa mixture into each chile half.
- ☐ Pour tomato juice into a 13 x 9-inch baking dish; place stuffed chiles in dish. Cover and bake at 350 for 20 minutes.
- ☐ Sprinkle cheese over chiles; bake, uncovered, an additional 10 minutes or until cheese melts and chiles are thoroughly heated. Spoon tomato juice over chiles.

Nutrition Facts



 **PROTEIN 18.57%**  **FAT 39.92%**  **CARBS 41.51%**

Properties

Glycemic Index:68.33, Glycemic Load:2.77, Inflammation Score:-9, Nutrition Score:24.205652148827%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 310.88kcal (15.54%), Fat: 14.27g (21.96%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 28.64g (10.41%), Sugar: 7.36g (8.18%), Cholesterol: 28.35mg (9.45%), Sodium: 352.87mg (15.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Vitamin C: 79.77mg (96.69%), Manganese: 1.11mg (55.67%), Phosphorus: 390.72mg (39.07%), Vitamin A: 1695.86IU (33.92%), Vitamin K: 33.85µg (32.23%), Magnesium: 128mg (32%), Folate: 118.22µg (29.56%), Calcium: 255.37mg (25.54%), Vitamin B6: 0.51mg (25.49%), Potassium: 708.99mg (20.26%), Copper: 0.4mg (20.19%), Vitamin B2: 0.33mg (19.14%), Fiber: 4.75g (19.01%), Zinc: 2.84mg (18.91%), Selenium: 12.01µg (17.15%), Iron: 2.97mg (16.5%), Vitamin B1: 0.24mg (16.29%), Vitamin E: 2.09mg (13.93%), Vitamin B3: 2.08mg (10.41%), Vitamin B5: 0.86mg (8.63%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.17µg (1.13%)