



Quinoa-Stuffed Poblanos with Grilled Romesco Sauce

 Gluten Free

READY IN



90 min.

SERVINGS



45

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped for garnish ()
- ☐ 2 ears of corn
- ☐ 1.5 cups grilled romesco sauce
- ☐ 0.3 cup mozzarella cheese fresh diced finely ()
- ☐ 45 servings olive oil extra-virgin for grilling
- ☐ 45 servings pepper freshly ground
- ☐ 6 large poblano chiles (very large)

- ☐ 0.5 cup quinoa red
- ☐ 45 servings salt
- ☐ 3 scallions thinly sliced
- ☐ 0.5 cup walnuts toasted finely chopped

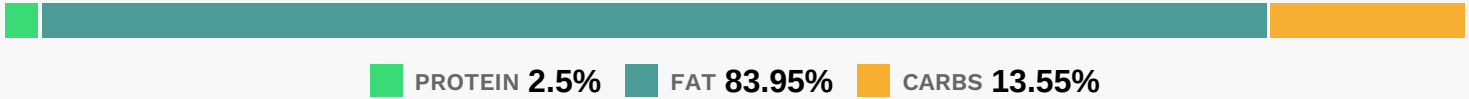
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ plastic wrap
- ☐ toothpicks
- ☐ grill

Directions

- ☐ In a saucepan, combine the quinoa with 1 cup of water and bring to a boil. Cover and simmer until the quinoa is tender, 18 minutes.
- ☐ Remove from the heat and let stand for 5 minutes; uncover and let cool.
- ☐ Light a grill. Rub the poblanos and corn with oil and grill over high heat, turning occasionally, until the poblanos are charred all over and the corn is charred and tender, 5 minutes.
- ☐ Transfer the poblanos to a bowl, cover with plastic wrap and let stand for 5 minutes. Rub off the skins with a paper towel.
- ☐ Cut off the tops, then pull out and discard the cores.
- ☐ In a large bowl, cut the corn kernels off the cobs.
- ☐ Add the walnuts, scallions, chopped cilantro, mozzarella and quinoa and season with salt and pepper. Lightly pack the quinoa into the poblanos. Replace the tops and secure with toothpicks.
- ☐ Rub the poblanos with oil and grill over moderate heat, covered, turning the chiles occasionally, until tender, 15 minutes.
- ☐ Transfer the chiles to plates and remove the toothpicks.
- ☐ Garnish with cilantro sprigs and serve with the Grilled Romesco Sauce.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.649130417115%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 159.03kcal (7.95%), Fat: 15.21g (23.39%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.8g (1.75%), Sugar: 2.66g (2.95%), Cholesterol: 0.49mg (0.16%), Sodium: 294.14mg (12.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Vitamin C: 18.02mg (21.85%), Vitamin E: 2.16mg (14.41%), Vitamin K: 11.98µg (11.41%), Manganese: 0.13mg (6.54%), Vitamin B6: 0.07mg (3.5%), Fiber: 0.72g (2.87%), Copper: 0.05mg (2.53%), Magnesium: 9.91mg (2.48%), Phosphorus: 23.73mg (2.37%), Folate: 9.2µg (2.3%), Vitamin A: 102.84IU (2.06%), Vitamin B1: 0.03mg (2.04%), Potassium: 69.72mg (1.99%), Iron: 0.32mg (1.8%), Vitamin B3: 0.23mg (1.13%), Zinc: 0.17mg (1.12%), Vitamin B2: 0.02mg (1.11%)