

Rajas

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 pepper flakes fresh
- 1 garlic clove unpeeled
- 1 jalapeno fresh
- 4 servings crema mexicana
- 1 tablespoon olive oil
- 0.3 teaspoon oregano dried
- 4 poblano pepper
- 2 bell pepper red

1 medium onion white sliced

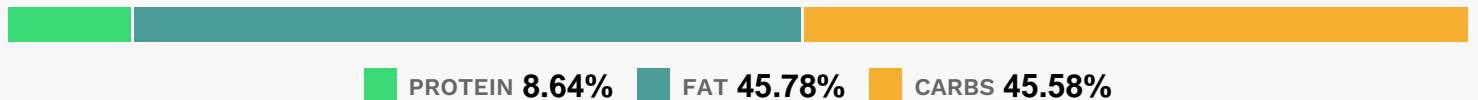
Equipment

- bowl
- frying pan
- grill

Directions

- Prepare grill.
- Secure each onion slice horizontally with a wooden pick and brush both sides with oil. Season onion slices with salt and pepper and grill with chiles and bell peppers on an oiled rack set 5 to 6 inches over glowing coals, turning them occasionally, until soft and charred, about 20 minutes. Wearing rubber gloves, peel, seed, and devein chiles. Peel bell peppers and discard seeds and ribs.
- Cut chiles and bell peppers into strips.
- Heat a dry comal or flat iron griddle over moderately low heat until hot and pan-roast garlic, turning it occasionally to ensure even roasting, until browned and soft throughout, about 25 to 30 minutes. Discard garlic skin.
- In a small heavy skillet dry-roast oregano over moderate heat until fragrant and beginning to brown, shaking skillet occasionally, about 2 minutes. In a bowl mash together oregano, garlic, and salt to taste.
- Add onion slices, separated into rings, chiles, and bell peppers and toss to combine well.
- La Parilla: The Mexican Grill, published by Chronicle Books.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:13.900869434294%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 6.02mg, Luteolin: 6.02mg, Luteolin: 6.02mg, Luteolin: 6.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 114.87kcal (5.74%), Fat: 6.32g (9.73%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 10.09g (3.67%), Sugar: 7.74g (8.6%), Cholesterol: 7.95mg (2.65%), Sodium: 70.35mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin C: 194.43mg (235.67%), Vitamin A: 2518.32IU (50.37%), Vitamin B6: 0.55mg (27.74%), Fiber: 4.08g (16.3%), Vitamin K: 16.95µg (16.14%), Manganese: 0.29mg (14.53%), Vitamin E: 2.12mg (14.11%), Potassium: 423.47mg (12.1%), Folate: 48.35µg (12.09%), Vitamin B1: 0.12mg (8.26%), Vitamin B3: 1.38mg (6.91%), Magnesium: 25.43mg (6.36%), Vitamin B2: 0.1mg (6.17%), Copper: 0.12mg (5.93%), Phosphorus: 54.33mg (5.43%), Calcium: 51.77mg (5.18%), Iron: 0.92mg (5.12%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.4mg (2.64%)