



Rajas con Queso

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 flour tortillas (6 to 7 in. wide)
- ☐ 0.3 pound jack cheese sliced
- ☐ 0.5 lb onion sliced
- ☐ 3 poblano chilies fresh (10 oz. total)

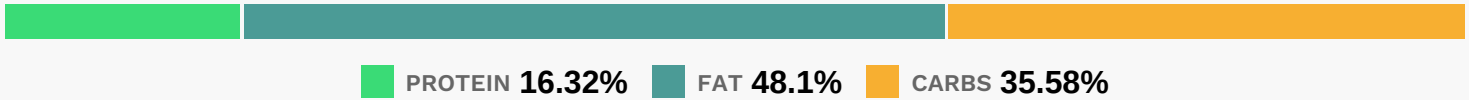
Equipment

- ☐ frying pan
- ☐ broiler pan

Directions

- ☐ Place chilies in a broiler pan and broil about 3 inches from heat, turning as needed to char and blister on all sides, about 8 minutes total.
- ☐ Let cool. Pull off and discard stems and seeds.
- ☐ Cut chilies into thin strips.
- ☐ Meanwhile, in a 6- to 8-inch frying pan over medium-high heat, stir butter and onion often until onion is limp, 4 to 5 minutes.
- ☐ Mix chilies with onions and lay cheese slices on the vegetables. Cover and cook over low heat until cheese melts, about 2 minutes.
- ☐ Scoop hot cheese mixture into tortillas. Fold to enclose filling, and eat.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:7.01, Inflammation Score:-7, Nutrition Score:12.443913060686%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 258.89kcal (12.94%), Fat: 14.01g (21.55%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 20.79g (7.56%), Sugar: 5.45g (6.05%), Cholesterol: 25.23mg (8.41%), Sodium: 429.21mg (18.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Vitamin C: 52.7mg (63.88%), Calcium: 274.1mg (27.41%), Phosphorus: 219.43mg (21.94%), Selenium: 11.25µg (16.08%), Manganese: 0.29mg (14.38%), Vitamin B2: 0.24mg (14.16%), Vitamin B6: 0.28mg (13.96%), Vitamin B1: 0.21mg (13.73%), Vitamin A: 665.64IU (13.31%), Folate: 51.87µg (12.97%), Fiber: 2.52g (10.08%), Iron: 1.76mg (9.78%), Vitamin B3: 1.84mg (9.19%), Zinc: 1.19mg (7.96%), Vitamin K: 7.82µg (7.45%), Potassium: 253.39mg (7.24%), Magnesium: 27.79mg (6.95%), Copper: 0.11mg (5.3%), Vitamin B12: 0.24µg (3.98%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.25mg (2.49%), Vitamin D: 0.17µg (1.13%)