



Rajas Poblanas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup crème fraîche sour
- ☐ 4 garlic cloves minced
- ☐ 6 servings kosher salt
- ☐ 0.3 cup monterey jack shredded
- ☐ 1 slices onion quartered
- ☐ 2 teaspoons oregano dried
- ☐ 2 pounds poblano chiles fresh

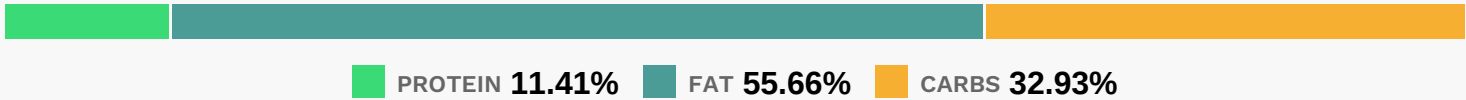
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat broiler, build a medium-hot fire in a charcoal grill, or heat a gas grill to high. If broiling, place chiles on a rimmed baking sheet. If grilling, put chiles directly on grill grate. Roast, turning occasionally, until tender and nicely charred all over, 15–20 minutes.
- ☐ Transfer chiles to a large bowl; cover with plastic wrap and let steam for 15 minutes. Peel chiles. Halve lengthwise; discard seeds.
- ☐ Cut crosswise into 1/4" strips.
- ☐ Heat a large dry heavy skillet over medium-high heat.
- ☐ Add onion; cook, stirring often, until beginning to char, 6–7 minutes.
- ☐ Add garlic; cook until fragrant, about 1 minute.
- ☐ Add oregano and 1 cup water; simmer until onion is tender and water has evaporated, 5–7 minutes.
- ☐ Add chiles; cook until flavors meld, about 5 minutes.
- ☐ Remove from heat; stir in crème fraîche and cheese.
- ☐ Add water by tablespoonfuls if mixture is too dry. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:11.1304347852%

Flavonoids

Luteolin: 7.12mg, Luteolin: 7.12mg, Luteolin: 7.12mg, Luteolin: 7.12mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 110.41kcal (5.52%), Fat: 7.3g (11.23%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 6.78g (2.47%), Sugar: 4.78g (5.31%), Cholesterol: 21.15mg (7.05%), Sodium: 236.09mg (10.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin C: 122.63mg (148.65%), Vitamin B6: 0.39mg (19.44%), Vitamin A: 786.32IU (15.73%), Vitamin K: 15.93µg (15.17%), Manganese: 0.26mg (12.92%), Fiber: 2.94g (11.74%), Calcium: 94.2mg (9.42%), Potassium: 324.21mg (9.26%), Phosphorus: 77.72mg (7.77%), Vitamin B2: 0.12mg (6.79%), Vitamin B1: 0.1mg (6.59%), Copper: 0.12mg (5.89%), Magnesium: 21.8mg (5.45%), Vitamin E: 0.8mg (5.36%), Folate: 19.78µg (4.94%), Iron: 0.85mg (4.74%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.48mg (3.19%), Selenium: 2.07µg (2.96%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.1µg (1.66%)