



Roasted Poblano Chile con Queso

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



915 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 anaheim peppers fresh red
- 3 servings garnish: anaheim peppers red chopped
- 8 ounce pasteurized cheese product cubed prepared
- 2 garlic cloves minced
- 0.5 cup half-and-half
- 8 ounces monterrey jack cheese shredded
- 2 tablespoons olive oil
- 1 large onion minced

- 3 poblano peppers fresh
- 3 servings tortilla chips

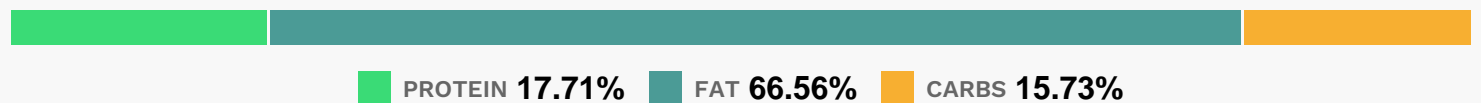
Equipment

- frying pan
- grill
- ziploc bags

Directions

- Grill poblano and Anaheim peppers, without grill lid, over medium-high heat (350 to 400°F)
- to 7 minutes or until peppers look blistered, turning often.
- Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds. Slice peppers into thin strips.
- Saut onion and garlic in hot oil in a large skillet over medium-high heat.
- Add pepper strips, and cook 2 minutes or until tender; reduce heat to low.
- Add cheeses and half-and-half, stirring until cheese is melted.
- Serve warm with tortilla chips.
- Garnish, if desired.
- Note: For testing purposes only, we used Velveeta for cheese product.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:2.2, Inflammation Score:-9, Nutrition Score:30.193043501481%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.81mg, Quercetin: 12.81mg,

Quercetin: 12.81mg, Quercetin: 12.81mg

Nutrients (% of daily need)

Calories: 915.06kcal (45.75%), Fat: 68.64g (105.6%), Saturated Fat: 33.96g (212.23%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 30.8g (11.2%), Sugar: 8.78g (9.76%), Cholesterol: 157mg (52.33%), Sodium: 1198.2mg (52.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.09g (82.17%), Vitamin C: 104.96mg (127.23%), Calcium: 1198.4mg (119.84%), Phosphorus: 824.58mg (82.46%), Selenium: 35.41µg (50.59%), Vitamin B2: 0.78mg (45.59%), Zinc: 5.85mg (38.99%), Vitamin A: 1923.95IU (38.48%), Vitamin B6: 0.53mg (26.68%), Vitamin B12: 1.51µg (25.09%), Vitamin E: 3.65mg (24.32%), Vitamin K: 24.74µg (23.56%), Fiber: 5.69g (22.77%), Magnesium: 85.78mg (21.44%), Potassium: 513.01mg (14.66%), Folate: 55.51µg (13.88%), Manganese: 0.26mg (12.97%), Vitamin B1: 0.18mg (11.96%), Vitamin B5: 1.11mg (11.11%), Iron: 1.71mg (9.48%), Copper: 0.18mg (9.2%), Vitamin D: 0.91µg (6.05%), Vitamin B3: 1.03mg (5.16%)