



Roasted-Poblano Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 8 oz onion
- ☐ 12 ounces poblano chilies fresh (see notes)
- ☐ 8 ounces roma tomatoes
- ☐ 1 teaspoon salad oil
- ☐ 12 servings salt and pepper
- ☐ 2 cups cup heavy whipping cream sour

Equipment

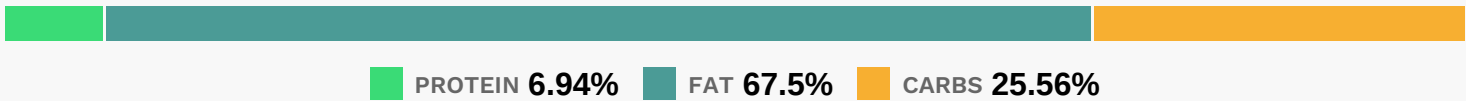
- ☐ bowl

- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Rinse chilies and tomatoes. Peel onion and cut into 3/4-inch-thick slices; rub salad oil over onion slices.
- ☐ Place chilies, whole tomatoes, and onion slices on a barbecue grill 4 inches above a solid bed of hot coals or over high heat on a gas grill (you can hold your hand at grill level for only 2 to 3 seconds); close lid on gas grill. (Or arrange vegetables in a 10- by 15-inch baking pan and broil 4 inches from heat.) Cook vegetables, turning as needed, until well browned on all sides, 8 to 12 minutes; as done, transfer to a board.
- ☐ When cool enough to handle, peel, stem, and seed chilies; core and peel tomatoes. Chop chilies, tomatoes, and onions.
- ☐ In a 10- to 12-inch frying pan over medium heat, stir chopped vegetables until hot, about 2 minutes.
- ☐ Add sour cream and stir just until hot but not boiling, about 2 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Scrape into a bowl.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:6.2673913655074%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 101.15kcal (5.06%), Fat: 7.95g (12.23%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 5.8g (2.11%), Sugar: 4.11g (4.56%), Cholesterol: 22.62mg (7.54%), Sodium: 209.93mg (9.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin C: 45.07mg (54.63%), Vitamin A: 666.52IU (13.33%), Vitamin B6: 0.2mg (9.85%), Vitamin K: 6.35µg (6.05%), Potassium: 211.63mg (6.05%), Vitamin B2: 0.1mg (5.73%), Manganese: 0.1mg (5.18%), Phosphorus: 51.34mg (5.13%), Calcium: 49.04mg (4.9%), Fiber: 0.97g (3.89%), Folate: 15.25µg (3.81%), Magnesium: 14.33mg (3.58%), Vitamin E: 0.51mg (3.37%), Copper: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.92%), Vitamin B3: 0.52mg (2.61%), Selenium: 1.66µg (2.36%), Iron: 0.41mg (2.28%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.26mg (1.77%), Vitamin B12: 0.08µg (1.34%)