



## Roasted Poblano Crema



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



49 kcal

SIDE DISH

### Ingredients

- ☐ 1 handful cilantro leaves
- ☐ 1 glove garlic
- ☐ 0.5 cup greek yogurt sour
- ☐ 1 green onion
- ☐ 0.5 juice of lime
- ☐ 1 poblano pepper seeds removed cut in half and

### Equipment

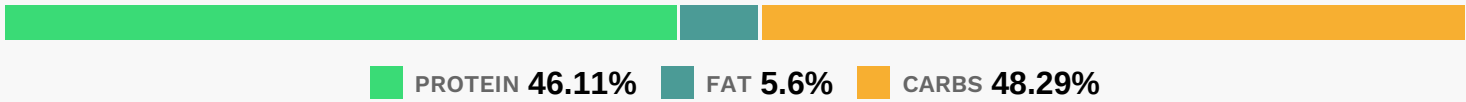
- ☐ baking sheet

☐ oven

## Directions

- ☐ Place the peppers on a baking sheet with the cut side facing down.
- ☐ Place the baking sheet on the top shelf in the oven and broil until the outer layer of the skin has blackened, about 8–14 minutes.
- ☐ Place the peppers in a zip-lock bag or other sealable container, seal and let them cool until you can handle them, about 20 minutes.
- ☐ Remove the skins from the peppers. The skins should easily "pinch" off.Puree everything.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:8.07826084676%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 48.89kcal (2.44%), Fat: 0.32g (0.49%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.94g (1.8%), Sugar: 3.36g (3.74%), Cholesterol: 2.5mg (0.83%), Sodium: 22.07mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin C: 52.22mg (63.3%), Vitamin K: 23.09µg (21.99%), Vitamin B2: 0.17mg (9.88%), Vitamin B6: 0.19mg (9.67%), Phosphorus: 86.43mg (8.64%), Vitamin A: 420.82IU (8.42%), Selenium: 5.22µg (7.46%), Calcium: 70.88mg (7.09%), Potassium: 216.4mg (6.18%), Manganese: 0.12mg (6.08%), Vitamin B12: 0.35µg (5.83%), Fiber: 1.28g (5.14%), Folate: 15.32µg (3.83%), Vitamin B1: 0.05mg (3.63%), Magnesium: 14.15mg (3.54%), Copper: 0.06mg (3.19%), Zinc: 0.4mg (2.66%), Vitamin B5: 0.26mg (2.58%), Vitamin B3: 0.47mg (2.33%), Iron: 0.39mg (2.19%), Vitamin E: 0.33mg (2.17%)