



Roasted Poblano Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



78 kcal

SIDE DISH

Ingredients

- 0.5 cup cilantro leaves fresh coarsely chopped
- 2 garlic cloves coarsely chopped
- 2 tablespoons juice of lime fresh
- 1 cup buttermilk 1.5% low-fat ()
- 0.3 cup olive oil
- 4 medium poblano chiles
- 9 servings salt and pepper freshly ground
- 2 medium scallions coarsely chopped

1 pinch of sugar

Equipment

food processor

bowl

blender

plastic wrap

broiler

Directions

Roast the poblanos over a gas flame or under the broiler until charred all over.

Transfer to a small bowl, cover with plastic wrap and let stand until cool.

Peel the blackened skin from the poblanos and discard the cores, seeds and ribs. Coarsely chop the poblanos and transfer to a blender or food processor.

Add the scallions, garlic, cilantro and lime juice and blend until roughly chopped.

Add the buttermilk, olive oil and sugar and puree until smooth. Season with salt and pepper.

Make Ahead: The dressing can be refrigerated, covered, for up to 1 day.

Notes: One Tablespoon: Calories 27 kcal, Protein .4 gm, Carbohydrate 2 gm, Cholesterol .4 mg, Total Fat 4 gm, Saturated Fat .4 gm

Nutrition Facts

PROTEIN 7.2% **FAT 70.24%** **CARBS 22.56%**

Properties

Glycemic Index:19.34, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:5.8100000749464%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 77.81kcal (3.89%), Fat: 6.39g (9.83%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.81g (3.12%), Cholesterol: 1.07mg (0.36%), Sodium: 236.09mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin C: 44.86mg (54.38%), Vitamin K: 17.24µg (16.42%), Vitamin E: 1.12mg (7.48%), Vitamin B6: 0.14mg (7.02%), Vitamin A: 303.16IU (6.06%), Potassium: 153.33mg (4.38%), Manganese: 0.09mg (4.32%), Fiber: 1.04g (4.15%), Calcium: 41.07mg (4.11%), Phosphorus: 37.46mg (3.75%), Vitamin B2: 0.06mg (3.6%), Vitamin B1: 0.04mg (2.92%), Folate: 9.66µg (2.41%), Magnesium: 9.56mg (2.39%), Copper: 0.05mg (2.28%), Iron: 0.31mg (1.71%), Vitamin B3: 0.31mg (1.53%), Vitamin B5: 0.14mg (1.41%), Zinc: 0.21mg (1.39%)