



Roasted Shrimp-Stuffed Poblanos



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 14.5 oz canned tomatoes canned
- ☐ 1 cup cilantro sprigs
- ☐ 1 teaspoon coriander seeds with a pan crushed
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 large garlic clove minced
- ☐ 1 cup jack cheese shredded
- ☐ 0.5 to 1 jalapeño chile chopped
- ☐ 1.5 teaspoons kosher salt divided

- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 6 medium poblano chiles
- ☐ 0.5 cup queso fresco* cheese) fresh (mexican-style crumbled
- ☐ 12 oz roasted peppers red drained

Equipment

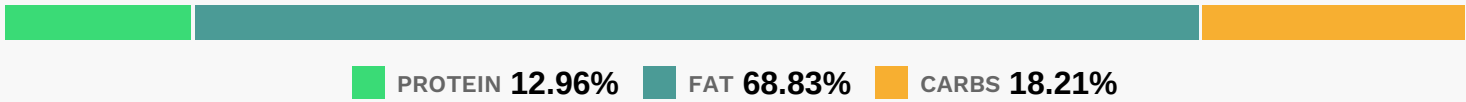
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Whirl red peppers, tomatoes, and 1/2 tsp. salt together in a food processor until pured.
- ☐ Pour into a wide 4-qt. shallow baking dish or 6 shallow 1-cup baking dishes. Set aside.
- ☐ Set poblanos over flames on a gas range (or set on a baking sheet and broil). Cook, turning often, until starting to turn black in spots, 8 minutes total.
- ☐ Let cool.
- ☐ Slit poblanos and remove seeds as shown at left.
- ☐ Heat oil in a large frying pan over medium-high heat.
- ☐ Add onion, garlic, jalapeo, and coriander. Cook until softened, 4 minutes.
- ☐ Add shrimp and remaining 1 tsp. salt. Cook until shrimp starts to turn pink, 2 minutes.
- ☐ Transfer to a bowl.
- ☐ Stir cream and jack cheeses into shrimp mixture. Spoon into poblanos, dividing evenly. Set chiles in dish with sauce.
- ☐ Bake until filling is oozing and hot, 40 minutes. Top with queso fresco and cilantro.

*Find at well-stocked grocery stores and Mexican markets.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:1.39, Inflammation Score:-9, Nutrition Score:16.60826081815%

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 333.98kcal (16.7%), Fat: 26.27g (40.41%), Saturated Fat: 13.3g (83.1%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 11.84g (4.31%), Sugar: 7.04g (7.83%), Cholesterol: 61.95mg (20.65%), Sodium: 1776.99mg (77.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.25%), Vitamin C: 126.96mg (153.89%), Vitamin A: 1936.53IU (38.73%), Calcium: 300.22mg (30.02%), Vitamin B6: 0.45mg (22.42%), Phosphorus: 207.38mg (20.74%), Vitamin K: 21.55µg (20.52%), Fiber: 3.8g (15.2%), Manganese: 0.3mg (14.79%), Vitamin B2: 0.24mg (14.11%), Selenium: 8.39µg (11.99%), Potassium: 419.24mg (11.98%), Vitamin E: 1.64mg (10.91%), Copper: 0.19mg (9.37%), Zinc: 1.34mg (8.95%), Iron: 1.61mg (8.93%), Folate: 33.94µg (8.49%), Magnesium: 33.01mg (8.25%), Vitamin B1: 0.11mg (7.35%), Vitamin B12: 0.41µg (6.84%), Vitamin B3: 1.01mg (5.07%), Vitamin B5: 0.48mg (4.75%), Vitamin D: 0.39µg (2.58%)