



 **53%**  
HEALTH SCORE

## Roasted-Vegetable Chiles Rellenos

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

### Ingredients

- 1 bay leaves
- 1 cup chayote squashes diced (or zucchini)
- 1 chipotles in adobo canned drained
- 4 servings chives fresh whole
- 4 servings cilantro leaves
- 0.7 cup breadcrumbs dry
- 2 tablespoons cilantro leaves fresh minced
- 1.3 cups ears corn fresh ( 2 ears)

- 6 garlic clove unpeeled
- 0.3 cup spring onion thinly sliced
- 2 medium onion peeled quartered
- 4 oregano
- 1 Dash pepper
- 1 pound poblano pepper
- 0.3 teaspoon salt
- 2 pounds tomatoes
- 1 cup water

## Equipment

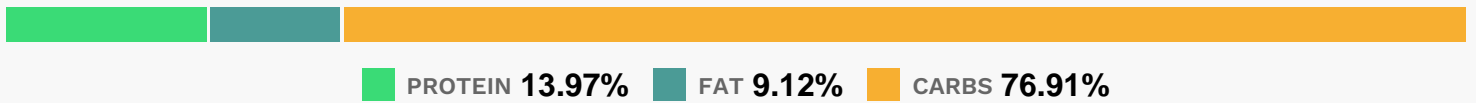
- food processor
- bowl
- frying pan
- sauce pan
- oven
- sieve
- aluminum foil

## Directions

- Preheat oven to 50
- Remove stem ends of poblano chiles, leaving chiles whole; discard seeds and membranes. Set aside.
- Place tomatoes, onions, and garlic on a foil-lined jelly-roll pan.
- Bake at 500 for 30 minutes (garlic should be lightly browned; remove before 30 minutes, if necessary).
- Let vegetables cool 10 minutes. Peel tomatoes and garlic; discard skins.
- Remove cores from tomatoes.

- Place tomatoes, garlic, onion, and chipotle chile in a food processor, and process until smooth. Strain through a sieve into a large saucepan; discard solids.
- Add water, oregano, and bay leaf to pan; bring to a boil. Reduce heat, and simmer, uncovered, 40 minutes or until reduced to 2 cups.
- Remove from heat; discard oregano and bay leaf.
- Add 1/4 teaspoon salt and dash of pepper to tomato mixture; set sauce aside, and keep warm.
- Combine corn and next 6 ingredients (corn through dash of pepper) in a bowl; stir well. Pack 3/4 cup corn mixture into each poblano chile.
- Place stuffed chiles on foil-lined jelly-roll pan.
- Bake at 500 for 20 minutes or until chiles are blackened, turning after 10 minutes; peel chiles.
- Spoon 1/2 cup tomato sauce onto each of 4 plates, and top with stuffed chiles.
- Garnish with whole chives and cilantro sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:70.75, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:24.679565253465%

## Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg

## Nutrients (% of daily need)

Calories: 216.21kcal (10.81%), Fat: 2.4g (3.69%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 45.49g (15.16%), Net Carbohydrates: 36.53g (13.28%), Sugar: 16.02g (17.8%), Cholesterol: 0mg (0%), Sodium: 306.69mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.53%), Vitamin C: 135.21mg (163.89%), Vitamin A: 2539.99IU (50.8%), Vitamin K: 51.54µg (49.08%), Manganese: 0.92mg (45.76%), Fiber: 8.96g (35.86%), Folate: 132.58µg (33.15%), Vitamin B6: 0.66mg (33.14%), Potassium: 1068.04mg (30.52%), Vitamin B1: 0.44mg (29.44%), Vitamin B3: 4.23mg (21.14%), Magnesium: 76.49mg (19.12%), Copper: 0.38mg (18.91%), Phosphorus: 180.5mg (18.05%), Iron: 2.99mg (16.63%), Vitamin E: 1.97mg (13.14%), Vitamin B2: 0.21mg (12.57%), Calcium: 118.05mg (11.8%),

Zinc: 1.46mg (9.72%), Vitamin B5: 0.93mg (9.34%), Selenium: 5.88µg (8.41%), Vitamin B12: 0.06µg (1.05%)