



Santa Fe Stuffed Chiles

READY IN



45 min.

SERVINGS



2

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup breadcrumbs dry
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup corn kernels fresh (1 ear)
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons nonfat yogurt plain
- ☐ 6 teaspoons nonfat yogurt plain

- ☐ 0.3 cup plum tomatoes finely chopped
- ☐ 9 ounces poblano chiles
- ☐ 0.5 cup onion red finely chopped

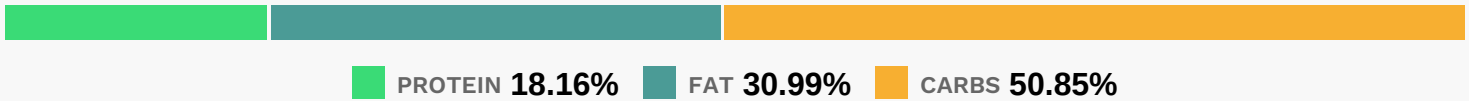
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut chiles in half lengthwise; discard seeds and membranes.
- ☐ Combine cheese and next 9 ingredients (cheese through pepper) in a bowl; stir well. Divide vegetable mixture evenly among chile halves.
- ☐ Place stuffed chiles on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 20 minutes. Spoon 1 teaspoon yogurt onto each chile half.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:1.67, Inflammation Score:-9, Nutrition Score:20.394782670166%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 6.02mg, Luteolin: 6.02mg, Luteolin: 6.02mg, Luteolin: 6.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 265.77kcal (13.29%), Fat: 9.56g (14.71%), Saturated Fat: 3.53g (22.07%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 30.13g (10.96%), Sugar: 12.88g (14.31%), Cholesterol: 17.62mg (5.87%), Sodium: 570.4mg

(24.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.21%), Vitamin C: 114.34mg (138.59%), Calcium: 293.92mg (29.39%), Vitamin A: 1460.31IU (29.21%), Phosphorus: 282.71mg (28.27%), Vitamin K: 29.68µg (28.27%), Manganese: 0.54mg (27.1%), Vitamin B6: 0.48mg (23.89%), Vitamin B1: 0.32mg (21.57%), Fiber: 5.18g (20.74%), Potassium: 683.21mg (19.52%), Vitamin B2: 0.3mg (17.79%), Selenium: 11.85µg (16.92%), Folate: 64.39µg (16.1%), Magnesium: 57.65mg (14.41%), Vitamin B3: 2.64mg (13.22%), Zinc: 1.88mg (12.54%), Copper: 0.21mg (10.71%), Vitamin E: 1.56mg (10.38%), Iron: 1.86mg (10.31%), Vitamin B5: 0.92mg (9.17%), Vitamin B12: 0.54µg (9.01%)