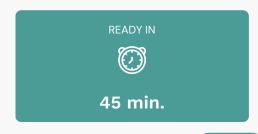
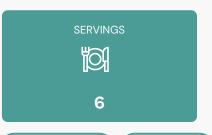


# **Scrambled-Egg Chiles Rellenos**

**Gluten Free** 







LUNCH

MAIN COURSE

MAIN DISH

DINNER

## **Ingredients**

6 ounces bacon thin
12 large eggs
2 tablespoons cilantro leaves fresh chopped
O.3 cup spring onion thinly sliced
6 oz monterrey jack cheese shredded
O.1 teaspoon pepper

6 poblano pepper fresh (4 to 5 oz. each; see notes)

0.5 teaspoon salt

	24 oz tomatoes cored rinsed sliced		
Equipment			
	bowl		
	frying pan		
	paper towels		
	oven		
	whisk		
	baking pan		
	spatula		
	kitchen scissors		
Directions			
	Rinse fresh chiles and pat dry.		
	Place in a 10- by 15-inch baking pan and broil 2 to 3 inches from heat, turning chiles as needed, until blackened and blistered all over, 10 to 15 minutes.		
	Let chiles cool about 15 minutes. Peel off as much of the skin as comes off readily.		
	Cut a slit down one side of each chile; remove and discard seeds, leaving stems attached.		
	In a 10- to 12-inch nonstick frying pan over high heat, stir bacon until browned and crisp, about 5 minutes.		
	Transfer bacon to paper towels to drain.		
	Pour fat from pan into a bowl. Wipe pan clean with a paper towel.		
	In a bowl, whisk eggs to blend with 1/3 cup water, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Set frying pan over medium-high heat.		
	Add 2 tablespoons reserved bacon fat; reserve remaining for another use or discard. When fat begins to sizzle, tilt pan to coat bottom.		
	Add egg mixture and sprinkle with 1 cup cheese, chives, and the bacon. When a thin layer of egg is set on pan bottom, in about 30 seconds, push cooked egg toward one side of pan with a wide spatula, letting uncooked egg flow underneath. Continue cooking and pushing until eggs are softly set but still moist, 3 to 4 minutes total. Stir to turn eggs over.		

	Remove from heat.		
	Arrange chiles, slit side up, in a 10- by 15-inch baking pan. Fill evenly with egg mixture.		
	Sprinkle eggs with remaining 1/2 cup cheese.		
	Bake in a 400 oven until cheese is melted, about 3 minutes. Meanwhile, arrange tomato slices on plates. With a wide spatula, set chiles on tomatoes.		
	Sprinkle with cilantro and crisp chile rings, if using; drizzle with chili oil to taste.		
	Add salt and pepper to taste.		
	Crisp chile rings and oil. With a damp towel, wipe 1 dried guajillo or New Mexico chile (about oz.) to clean. With scissors, cut off stem; shake out as many seeds as possible.		
	Cut chile crosswise into 1/8-inch-thick rings; drop into an 8- to 10-inch frying pan.		
	Add 2 tablespoons olive or vegetable oil and stir over medium heat until chile rings are crisp and beginning to brown, 2 to 4 minutes; take care not to scorch.		
Nutrition Facts			
	PROTEIN <b>24.3%</b> FAT <b>64.5%</b> CARBS <b>11.2%</b>		
	PROTEIN 24.3 /0 FAT 04.3 /0 CARBS 11.2 /0		

#### **Properties**

Glycemic Index:28.5, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:26.249130539272%

#### **Flavonoids**

Naringenin: O.77mg, Naringenin: O.77mg, Naringenin: O.77mg, Naringenin: O.77mg Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Kaempferol: O.25mg, Kaempferol: O.25mg, Kaempferol: O.25mg, Kaempferol: O.25mg, Kaempferol: O.25mg, Myricetin: O.15mg, Myricetin: O.15mg, Myricetin: O.15mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

### Nutrients (% of daily need)

Calories: 413.09kcal (20.65%), Fat: 29.79g (45.84%), Saturated Fat: 12.42g (77.61%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 8.11g (2.95%), Sugar: 6.48g (7.2%), Cholesterol: 415.94mg (138.65%), Sodium: 703.76mg (30.6%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.25g (50.51%), Vitamin C: 112.29mg (136.11%), Selenium: 40.55µg (57.92%), Vitamin A: 2218.02IU (44.36%), Phosphorus: 417.9mg (41.79%), Vitamin B2: 0.65mg (38.24%), Vitamin B6: 0.63mg (31.44%), Calcium: 296.54mg (29.65%), Vitamin K: 30.75µg (29.29%), Folate: 84.66µg (21.16%), Vitamin B12: 1.27µg (21.12%), Potassium: 710.72mg (20.31%), Vitamin B5: 1.97mg (19.74%), Zinc: 2.85mg (18.97%), Manganese: 0.32mg (16.2%), Iron: 2.87mg (15.95%), Vitamin B1: 0.24mg (15.7%), Vitamin E: 2.33mg (15.55%), Vitamin D: 2.28µg (15.22%), Fiber: 3.54g (14.17%), Vitamin B3: 2.52mg (12.59%), Copper: 0.24mg (12.2%), Magnesium: 48.65mg (12.16%)