



Scrambled-Egg Chiles Rellenos

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces bacon thin
- ☐ 12 large eggs
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 6 oz monterrey jack cheese shredded
- ☐ 0.1 teaspoon pepper
- ☐ 6 poblano pepper fresh (4 to 5 oz. each; see notes)
- ☐ 0.5 teaspoon salt

- ☐ 24 oz tomatoes cored rinsed sliced

Equipment

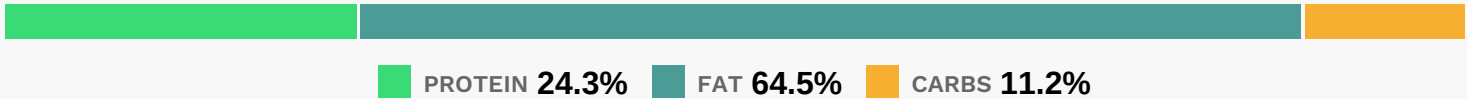
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula
- ☐ kitchen scissors

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



Properties

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

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.95mg, 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 %: 0% (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%)