



Seafood-Stuffed Poblanos With Warm Tomato Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients

- 2 garlic cloves minced
- 1 jalapeno seeded sliced
- 1 cup lump crab meat
- 1 ounce monterrey jack cheese shredded with jalapeño peppers finely
- 2 cups onion sliced
- 0.1 teaspoon pepper
- 2 large poblano chiles halved seeded

- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 1 ounce sharp cheddar cheese shredded reduced-fat finely
- 1.3 pounds tomatoes peeled chopped
- 0.3 cup water
- 1 teaspoon vinegar white

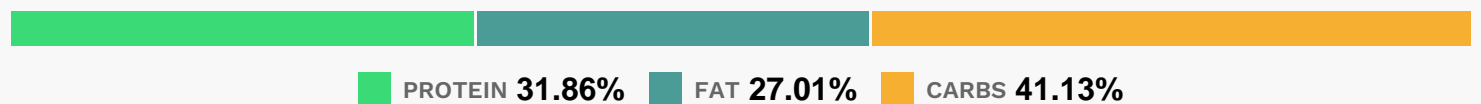
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Combine first 6 ingredients in a bowl. Divide the crab mixture evenly among chile halves.
- Place stuffed chiles in an 11- x 7-inch baking dish coated with cooking spray.
- Combine tomato and remaining ingredients in a saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until onion is soft.
- Pour warm tomato salsa over chiles. Cover and bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:2.14, Inflammation Score:-8, Nutrition Score:20.968695860842%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg

Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 18.96mg, Quercetin: 18.96mg, Quercetin: 18.96mg, Quercetin: 18.96mg

Nutrients (% of daily need)

Calories: 166.76kcal (8.34%), Fat: 5.24g (8.05%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 13.62g (4.95%), Sugar: 8.95g (9.95%), Cholesterol: 31.04mg (10.35%), Sodium: 867.51mg (37.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.79%), Vitamin C: 92.59mg (112.23%), Vitamin B12: 3.91µg (65.23%), Copper: 0.58mg (29.23%), Selenium: 19.1µg (27.29%), Vitamin B6: 0.54mg (27.2%), Zinc: 3.44mg (22.92%), Phosphorus: 225.79mg (22.58%), Calcium: 196.91mg (19.69%), Manganese: 0.37mg (18.31%), Potassium: 639.26mg (18.26%), Fiber: 4.32g (17.27%), Magnesium: 57.37mg (14.34%), Folate: 56.98µg (14.25%), Vitamin A: 644.65IU (12.89%), Iron: 2.17mg (12.08%), Vitamin B2: 0.2mg (11.98%), Vitamin B1: 0.17mg (11.53%), Vitamin K: 11.62µg (11.07%), Vitamin B3: 2.02mg (10.12%), Vitamin E: 1.48mg (9.88%), Vitamin B5: 0.56mg (5.59%)