



Shannon's Lower Fat Chile Relleno

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cornmeal
- ☐ 1 egg white
- ☐ 4 chile peppers fresh green
- ☐ 4 slices lowfat monterey jack cheese
- ☐ 4 chicken breasts boneless skinless
- ☐ 2 tablespoons water

Equipment

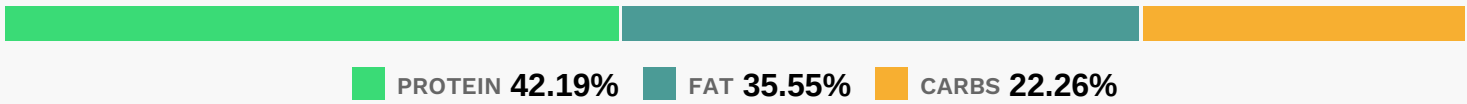
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ toothpicks
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pound chicken breasts with a mallet until flat.
- ☐ Cut green chile peppers in half and remove seeds.
- ☐ Place one chile pepper on each chicken breast. Insert a slice of cheese inside each chile pepper.
- ☐ Roll up breasts and secure with toothpicks.
- ☐ Dunk each chicken roll in a bowl filled with egg white and water, then roll in cornmeal.
- ☐ Place coated chicken on a lightly greased cookie sheet and bake in the preheated oven for 45 minutes or until tops are lightly browned and cheese is oozing out of the sides.
- ☐ Remove toothpicks and serve.
- ☐ Place each chicken breast roll in a separate resealable plastic bag and put in freezer. To prepare for serving, remove from the freezer and thaw. Preheat oven.
- ☐ Place thawed chicken on a lightly greased cookie sheet and bake in the preheated oven as before.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:8.7, Inflammation Score:-4, Nutrition Score:16.68739133555%

Nutrients (% of daily need)

Calories: 325.63kcal (16.28%), Fat: 12.59g (19.37%), Saturated Fat: 6.2g (38.73%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 14.38g (5.23%), Sugar: 2g (2.22%), Cholesterol: 97.24mg (32.41%), Sodium: 462.55mg (20.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.25%), Vitamin B3: 12.31mg (61.55%), Selenium: 42.91µg (61.3%), Vitamin B6: 0.99mg (49.31%), Phosphorus: 407.46mg (40.75%), Calcium: 216.47mg (21.65%),

Vitamin B5: 1.8mg (18.02%), Vitamin B2: 0.27mg (16.09%), Magnesium: 59.11mg (14.78%), Potassium: 517mg (14.77%), Zinc: 2.11mg (14.1%), Fiber: 3.35g (13.41%), Vitamin B1: 0.14mg (9.1%), Vitamin C: 6.76mg (8.19%), Vitamin B12: 0.47µg (7.75%), Manganese: 0.15mg (7.41%), Iron: 1.22mg (6.78%), Vitamin A: 249.22IU (4.98%), Copper: 0.09mg (4.52%), Folate: 16.62µg (4.15%), Vitamin E: 0.36mg (2.41%), Vitamin D: 0.28µg (1.87%)