



Soft Tacos with Sliced Chiles and Cheese (Rajas Con Queso)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 flour tortilla (6 to 7 in. wide)
- ☐ 0.3 pound monterrey jack cheese thick cut into slices
- ☐ 3 poblano pepper fresh (10 oz. total)
- ☐ 0.5 lb onion white thinly sliced

Equipment

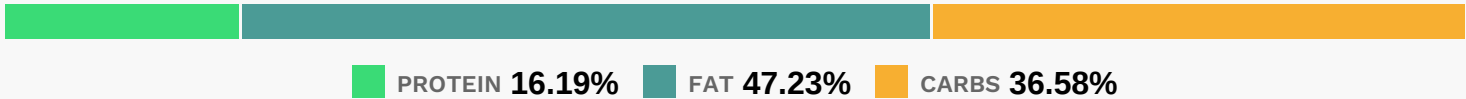
- ☐ frying pan

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler. Put chiles on a baking sheet and broil about 3 in. from heat, turning as needed to char and blister on all sides, about 8 minutes total.
- ☐ Let cool. Discard stems and seeds.
- ☐ Cut chiles into thin strips.
- ☐ Meanwhile, in a 6- to 8-in. frying pan over medium-high heat, cook onion in butter, stirring often, until softened, 4 to 5 minutes.
- ☐ Stir in chile strips and top with a layer of cheese slices. Cover and cook over low heat until cheese melts, about 2 minutes. Scoop hot chile mixture into tortillas.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:6.17, Inflammation Score:-7, Nutrition Score:14.30956508284%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.22mg, Luteolin: 4.22mg, Luteolin: 4.22mg, Luteolin: 4.22mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.48mg, Quercetin: 13.48mg, Quercetin: 13.48mg, Quercetin: 13.48mg

Nutrients (% of daily need)

Calories: 263.17kcal (13.16%), Fat: 14.03g (21.59%), Saturated Fat: 8.17g (51.03%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 20.92g (7.61%), Sugar: 5.8g (6.45%), Cholesterol: 32.76mg (10.92%), Sodium: 418.35mg (18.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.65%), Vitamin C: 75.95mg (92.06%), Calcium: 278.09mg (27.81%), Phosphorus: 222.8mg (22.28%), Manganese: 0.33mg (16.67%), Selenium: 11.12µg (15.88%), Vitamin B1: 0.23mg (15.49%), Vitamin B6: 0.31mg (15.41%), Fiber: 3.53g (14.12%), Vitamin B2: 0.24mg (13.92%), Folate: 53.11µg (13.28%), Vitamin A: 636.83IU (12.74%), Iron: 1.72mg (9.54%), Vitamin K: 9.94µg (9.47%), Vitamin B3: 1.85mg (9.24%), Potassium: 300.27mg (8.58%), Zinc: 1.23mg (8.17%), Magnesium: 28.92mg (7.23%), Copper: 0.12mg (6.06%), Vitamin B12: 0.24µg (4.02%), Vitamin E: 0.5mg (3.31%), Vitamin B5: 0.27mg (2.71%), Vitamin D: 0.17µg (1.13%)