



Sonoran-Style Poblano Chiles

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup black beans canned divided drained
- ☐ 0.5 teaspoon chili powder
- ☐ 1 cup chicken breast shredded cooked
- ☐ 0.3 cup whole-kernel corn frozen thawed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 ounce monterrey jack cheese shredded divided reduced-fat
- ☐ 0.3 cup nonfat cream sour
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounces poblano chiles
- ☐ 0.3 cup bell pepper red chopped
- ☐ 2 large tomatilloes
- ☐ 2 large tomatilloes

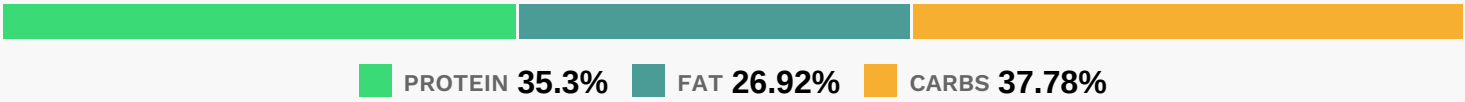
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Cut chiles in half lengthwise; discard seeds and membranes. Set chiles aside.
- ☐ Remove husks from tomatilloes, and chop. Coat a medium nonstick skillet with cooking spray, and place over medium-high heat until hot; add tomatilloes, bell pepper, green onions, and garlic; saut 3 minutes.
- ☐ Remove from heat; stir in chopped cilantro, chili powder, cumin, and pepper. Set aside.
- ☐ Place 1/2 cup beans in a medium bowl; mash. Stir in remaining 1/2 cup beans, bell pepper mixture, chicken, corn, sour cream, and 2 tablespoons cheese.
- ☐ Divide bean mixture evenly among chile halves.
- ☐ Place stuffed chiles in an 8-inch square baking dish.
- ☐ Sprinkle remaining 2 tablespoons cheese over stuffed chiles; bake at 400 for 20 minutes.
- ☐ Serve with flour tortillas and salsa; garnish with cilantro sprigs, if desired.
- ☐ Note: You can also substitute 1/4 cup chopped drained canned tomatilloes or 1/4 cup chopped green tomato for fresh tomatilloes, if desired.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:25.547826386016%

Flavonoids

Luteolin: 5.49mg, Luteolin: 5.49mg, Luteolin: 5.49mg, Luteolin: 5.49mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 326.06kcal (16.3%), Fat: 9.95g (15.31%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 31.44g (10.48%), Net Carbohydrates: 21.88g (7.96%), Sugar: 5.51g (6.13%), Cholesterol: 67.7mg (22.57%), Sodium: 579.86mg (25.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.75%), Vitamin C: 128.67mg (155.96%), Fiber: 9.56g (38.24%), Phosphorus: 369.49mg (36.95%), Vitamin B3: 7.3mg (36.48%), Vitamin B6: 0.73mg (36.34%), Vitamin K: 38.05µg (36.24%), Vitamin A: 1728.41IU (34.57%), Selenium: 22.52µg (32.18%), Folate: 103.05µg (25.76%), Manganese: 0.51mg (25.33%), Vitamin B2: 0.4mg (23.53%), Potassium: 820.82mg (23.45%), Calcium: 211.15mg (21.11%), Iron: 3.64mg (20.24%), Magnesium: 74.44mg (18.61%), Vitamin B1: 0.28mg (18.59%), Zinc: 2.5mg (16.66%), Copper: 0.33mg (16.42%), Vitamin B5: 1.18mg (11.85%), Vitamin E: 1.15mg (7.7%), Vitamin B12: 0.41µg (6.78%)