



## Spicy Baked Peppers with Quinoa and Corn

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 poblano pepper
- 1 cup ears corn fresh
- 1 cup onion red chopped
- 1 tablespoon olive oil
- 1 tablespoon juice of lime fresh
- 1 tablespoon oregano dried fresh chopped
- 1 teaspoon ground cumin
- 1 teaspoon salt

- 0.3 teaspoon pepper
- 3 bell pepper red medium to large
- 14.5 oz canned tomatoes fire roasted with green chilies, drained organic canned
- 2 cups quinoa cooked
- 1 cup gouda cheese smoked shredded

## Equipment

- bowl
- baking sheet
- oven
- aluminum foil

## Directions

- Set oven control to broil. Line cookie sheet with foil.
- Place poblano chiles on cookie sheet. Broil 8 minutes, turning once, until blackened.
- Place blackened chiles in bowl; cover tightly.
- Let stand 10 minutes.
- Meanwhile, place corn and onion on same cookie sheet. Broil 10 minutes, stirring after 5 minutes.
- Peel off charred skin from blackened chiles; coarsely chop chiles.
- Place in medium bowl.
- Add broiled corn and onion, oil, lime juice, oregano, cumin, salt and pepper.
- Add tomatoes and cooked quinoa; toss.
- Heat oven to 350°F.
- Cut each bell pepper in half; remove seeds and membranes (leave stem on, if desired). Fill pepper halves with quinoa mixture; sprinkle evenly with cheese.
- Place on cookie sheet.
- Bake 15 minutes or until peppers are tender and stuffing is hot.

## Nutrition Facts

PROTEIN 19.12% FAT 42.47% CARBS 38.41%

## Properties

Glycemic Index:31.83, Glycemic Load:7.72, Inflammation Score:-10, Nutrition Score:21.128260674684%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

## Nutrients (% of daily need)

Calories: 309.91kcal (15.5%), Fat: 15.03g (23.13%), Saturated Fat: 7.57g (47.32%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 25.06g (9.11%), Sugar: 9.17g (10.19%), Cholesterol: 44.95mg (14.98%), Sodium: 829.49mg (36.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.45%), Vitamin C: 113.7mg (137.81%), Vitamin A: 2574.68IU (51.49%), Phosphorus: 365.05mg (36.51%), Calcium: 339.2mg (33.92%), Manganese: 0.65mg (32.35%), Fiber: 5.53g (22.14%), Vitamin B6: 0.44mg (21.76%), Folate: 83.01µg (20.75%), Magnesium: 77.44mg (19.36%), Zinc: 2.61mg (17.39%), Vitamin B2: 0.29mg (16.92%), Vitamin E: 2.1mg (13.99%), Iron: 2.51mg (13.95%), Potassium: 473.52mg (13.53%), Vitamin K: 13.69µg (13.04%), Vitamin B1: 0.19mg (12.44%), Selenium: 7.84µg (11.21%), Copper: 0.2mg (10.13%), Vitamin B12: 0.61µg (10.12%), Vitamin B3: 1.57mg (7.84%), Vitamin B5: 0.58mg (5.8%), Vitamin D: 0.2µg (1.31%)