



Stuffed Ancho Chiles

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

Ingredients

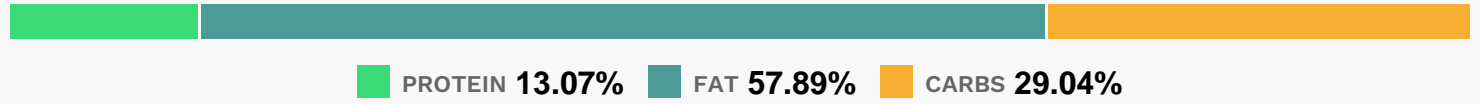
- 6 large ancho chiles
- 6 slices oscar mayer bacon cooked chopped
- 2 green onions chopped
- 6 hard-cooked eggs coarsely chopped
- 0.3 cup real mayo mayonnaise kraft
- 1 bell pepper red finely chopped
- 10 ritz crackers crushed

Equipment

Directions

- Mix all ingredients except ancho peppers.
- Make small lengthwise cut in side of each ancho pepper; remove and discard seeds.
- Fill peppers with egg mixture, adding about 1/2 cup to each.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:24.201739249022%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 398.3kcal (19.91%), Fat: 26.61g (40.93%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 19.35g (7.04%), Sugar: 16.34g (18.15%), Cholesterol: 206.25mg (68.75%), Sodium: 364.05mg (15.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.04%), Vitamin A: 10207.89IU (204.16%), Vitamin K: 70.06µg (66.72%), Vitamin C: 37.13mg (45%), Vitamin B2: 0.73mg (43.04%), Fiber: 10.68g (42.72%), Selenium: 21.61µg (30.87%), Potassium: 822.39mg (23.5%), Vitamin B6: 0.47mg (23.33%), Vitamin B3: 4.41mg (22.05%), Phosphorus: 196.23mg (19.62%), Manganese: 0.36mg (17.96%), Iron: 3.19mg (17.74%), Vitamin E: 2.63mg (17.51%), Folate: 55.76µg (13.94%), Vitamin B5: 1.26mg (12.61%), Vitamin B12: 0.68µg (11.33%), Magnesium: 42.69mg (10.67%), Vitamin B1: 0.16mg (10.55%), Zinc: 1.26mg (8.37%), Vitamin D: 1.21µg (8.09%), Copper: 0.11mg (5.54%), Calcium: 54.81mg (5.48%)