



Stuffed Cheese Poblanos

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- 6 large poblano pepper
- 18 strips mozzarella cheese ()
- 3 oz mozzarella cheese shredded
- 1 serving cup heavy whipping cream mexican-style
- 2 lb plum tomatoes cut in half (Roma)
- 0.5 medium onion cut in half
- 2 cloves garlic peeled
- 1 small serrano chiles seeded

- 2 teaspoons chicken soup base
- 1 teaspoon vegetable oil
- 0.8 teaspoon salt

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- blender
- stove
- ziploc bags
- glass baking pan

Directions

- Preheat oven to 350F. Meanwhile on a gas stove on high or skillet heat chiles directly on flame until charred. Keep in plastic bag for 5 minutes. Peel chiles under cold water.
- Open on one side, remove seeds. Fill each poblano with 3 strips of the cheese.
- Sprinkle about 2 tablespoons shredded mozzarella cheese on each chile.
- Place in 9x13-inch glass baking dish.
- Bake chiles 15 to 20 minutes or until cheeses are melted and chiles are soft.
- Meanwhile, make tomato sauce.
- Place all sauce ingredients in food processor bowl or blender; process until smooth.
- Pour sauce into 2 quart saucepan. Cook over medium high heat about 15 minutes or until sauce is slightly reduced and dark red.
- To serve, place tomato sauce on plate; top with stuffed poblano chile.
- Drizzle with mexican style cream.

Nutrition Facts

PROTEIN 19.13% FAT 38.5% CARBS 42.37%

Properties

Glycemic Index:26.5, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:16.270434918611%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 7.77mg, Luteolin: 7.77mg, Luteolin: 7.77mg, Luteolin: 7.77mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 133.93kcal (6.7%), Fat: 6.18g (9.51%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 10.5g (3.82%), Sugar: 8.72g (9.68%), Cholesterol: 16.48mg (5.49%), Sodium: 571.33mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Vitamin C: 154.03mg (186.71%), Vitamin A: 2028.78IU (40.58%), Vitamin B6: 0.52mg (26.23%), Vitamin K: 26.11µg (24.86%), Manganese: 0.41mg (20.49%), Potassium: 683.33mg (19.52%), Fiber: 4.82g (19.26%), Phosphorus: 137.03mg (13.7%), Calcium: 125.36mg (12.54%), Vitamin B1: 0.16mg (10.83%), Folate: 42.6µg (10.65%), Copper: 0.21mg (10.38%), Vitamin E: 1.55mg (10.35%), Magnesium: 38.41mg (9.6%), Vitamin B3: 1.75mg (8.77%), Vitamin B2: 0.14mg (7.95%), Zinc: 1.01mg (6.73%), Vitamin B12: 0.4µg (6.63%), Iron: 1.1mg (6.1%), Selenium: 3.37µg (4.82%), Vitamin B5: 0.35mg (3.51%)