



Stuffed Poblano Chiles with Avocado and Potatoes

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

Ingredients

- 6 allspice
- 3 avocado pitted peeled mashed
- 2 baking potatoes unpeeled scrubbed
- 4 bay leaves
- 1 teaspoon peppercorns black
- 2 cups apple cider vinegar
- 18 garlic clove

- 0.3 cup olive oil
- 1 teaspoon oregano dried
- 6 poblano pepper peeled
- 6 servings sea salt to taste fine
- 1 cup skim milk
- 1.5 cups water
- 1 large onion yellow peeled halved thinly sliced

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- sieve
- plastic wrap
- baking pan
- aluminum foil

Directions

- Put the potatoes in a medium saucepan and add lightly salted water to cover. Bring to a boil over high heat. Reduce the heat to medium-low and cook until the potatoes are tender about 30 minutes.
- Drain and let stand until cool enough to handle. Peel the potatoes and place in a medium bowl. Mash the potatoes, leaving them a bit lumpy
- Make a lengthwise cut in each chile and remove the seeds.
- Combine the mashed potatoes, avocados, olive oil, and ground peppercorns in a medium bowl and season with the salt. Stuff the chiles with the potato mixture.
- Place in a 9-by-13-inch baking dish. Cover with plastic wrap and refrigerate.

- To roast the garlic: Position a rack in the center of the oven and preheat the oven to 350°F. Bring the garlic and milk to a boil in a medium saucepan over medium heat, then boil for 3 minutes, taking care that the milk does not boil over.
- Drain the garlic in a sieve, discarding the milk. In a small bowl, toss the garlic cloves in the olive oil.
- Spread the garlic in a single layer on a baking sheet and cover with aluminum foil. Roast until tender and golden, about 20 minutes. Set aside.
- To make the marinade: Bring the water and piloncillo or brown sugar to a boil in a small saucepan over high heat. Boil, stirring often, until the sugar is dissolved and the water is reduced to 1 cup, about 5 minutes.
- Remove from the heat.
- Heat the oil in a medium skillet over medium heat.
- Add the onion and cook until it begins to soften, about 1 minute.
- Add the sugar water, vinegar, oregano, peppercorns, cloves, allspice, and bay leaves and bring to a simmer (do not boil).
- Remove from the heat, add the roasted garlic, and let cool completely.
- Pour the marinade over the chiles, cover, and refrigerate for at least 6 hours or up to 12 hours.
- To serve, remove the chiles from the refrigerator and let come to room temperature.
- Place a single chile on each plate, along with some of the marinade, including some of the onion and garlic cloves.
- Wine Notes
- Since this dish is sauced with an escabèche (a sweet, spiced vinaigrette), one of the best matches is a German Riesling from the Mosel, such as Carl-Schmitt's Kabinett Riesling.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:13.59, Inflammation Score:-9, Nutrition Score:23.724347798721%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 377.47kcal (18.87%), Fat: 24.19g (37.21%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 25.14g (9.14%), Sugar: 7.51g (8.34%), Cholesterol: 1.23mg (0.41%), Sodium: 234.66mg (10.2%), Alcohol: 0g (100%), Protein: 6.92g (13.84%), Vitamin C: 114.51mg (138.8%), Vitamin B6: 0.94mg (47.1%), Manganese: 0.9mg (45.04%), Fiber: 10.66g (42.64%), Vitamin K: 40.13µg (38.22%), Potassium: 1206.16mg (34.46%), Folate: 110.15µg (27.54%), Vitamin E: 3.9mg (26.03%), Copper: 0.41mg (20.44%), Vitamin B5: 1.97mg (19.71%), Phosphorus: 188.04mg (18.8%), Magnesium: 73.97mg (18.49%), Vitamin B1: 0.25mg (16.48%), Vitamin B3: 3.22mg (16.11%), Vitamin B2: 0.26mg (15.35%), Vitamin A: 686.69IU (13.73%), Calcium: 126.48mg (12.65%), Iron: 2.21mg (12.3%), Zinc: 1.39mg (9.29%), Selenium: 3.04µg (4.34%), Vitamin B12: 0.24µg (3.95%), Vitamin D: 0.45µg (2.99%)