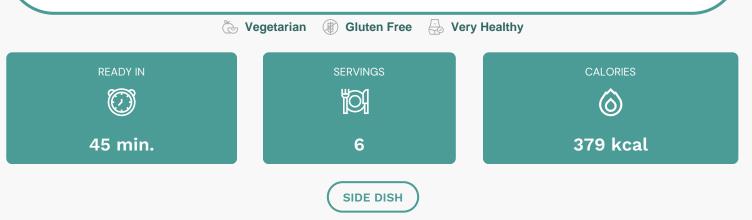


Stuffed Poblano Chiles with Avocado and Potatoes



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	
	3 small t brown sugar raw with a meat mallet, crushed (Mexican sugar)	
	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	
Eq	uipment	
	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
PROTEIN 7.09% FAT 55.74% CARBS 37.17%

Properties

Glycemic Index:52.83, Glycemic Load:13.59, Inflammation Score:-9, Nutrition Score:23.731304376022%

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

Nutrients (% of daily need)

Calories: 379.37kcal (18.97%), Fat: 24.19g (37.21%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 25.63g (9.32%), Sugar: 7.99g (8.88%), Cholesterol: 1.23mg (0.41%), Sodium: 234.8mg (10.21%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.92g (13.84%), Vitamin C: 114.51mg (138.8%), Vitamin B6: 0.94mg (47.11%), Manganese: 0.9mg (45.05%), Fiber: 10.66g (42.64%), Vitamin K: 40.13µg (38.22%), Potassium: 1206.82mg (34.48%), Folate: 110.16µg (27.54%), Vitamin E: 3.9mg (26.03%), Copper: 0.41mg (20.45%), Vitamin B5: 1.97mg (19.72%), Phosphorus: 188.06mg (18.81%), Magnesium: 74.02mg (18.5%), Vitamin B1: 0.25mg (16.48%), Vitamin B3: 3.22mg (16.12%), Vitamin B2: 0.26mg (15.35%), Vitamin A: 686.69IU (13.73%), Calcium: 126.9mg (12.69%), Iron: 2.22mg (12.32%), Zinc: 1.39mg (9.29%), Selenium: 3.05µg (4.35%), Vitamin B12: 0.24µg (3.95%), Vitamin D: 0.45µg (2.99%)