



HEALTH SCORE

51%

Stuffed Poblano Chiles with Walnut Sauce and Pomegranate Seeds



Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



588 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb boston butt pork shoulder boneless cut into 1 1/2-inch pieces
- ☐ 2 lb canned tomatoes fresh whole with juice cored coarsely chopped canned
- ☐ 1 tablespoon cider vinegar to taste
- ☐ 4 inch cinnamon sticks (preferably Mexican)
- ☐ 0.3 cup apricots dried coarsely chopped
- ☐ 1 sprig thyme leaves fresh
- ☐ 3 large cloves garlic finely chopped

- ☐ 2 garlic cloves peeled
- ☐ 1.5 cups very mild goat cheese crumbled soft
- ☐ 0.3 cup apples diced green peeled ()
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cloves
- ☐ 1.5 cups milk plus additional if necessary to sauce whole thin
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 tablespoons olive oil
- ☐ 0.5 inch crosswise onion white
- ☐ 1 small peaches
- ☐ 0.3 cup pinenuts
- ☐ 0.5 cup plantains diced black firm very ripe peeled ()
- ☐ 8 large poblano chiles fresh peeled (2 lb total)
- ☐ 0.5 cup pomegranate seeds fresh (from 1 pomegranate)
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt to taste
- ☐ 2.5 oz slivered almonds plus additional if necessary to thicken sauce
- ☐ 1 tablespoon sugar to taste
- ☐ 2 turkish bay leaf
- ☐ 2 tablespoons vegetable oil
- ☐ 5 oz walnut halves
- ☐ 1 cup onion white finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

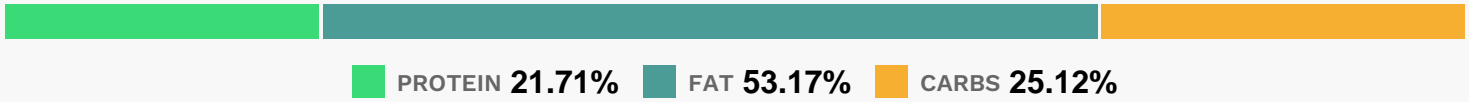
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Put pork in a 3-quart heavy saucepan with salt, onion slice, garlic, thyme, and enough cold water to cover by 1/2 inch and bring to a boil, skimming foam. Reduce heat and simmer, partially covered, until pork is very tender, 1 to 1 1/2 hours. Cool pork in liquid, uncovered, 15 minutes.
- ☐ Drain, then cut pork into 1/3-inch dice. Discard onion, garlic, and thyme.
- ☐ Cook onion and garlic in oils in a 12-inch heavy skillet over moderately low heat, stirring, until softened, 5 to 8 minutes.
- ☐ Add tomatoes, thyme, bay leaves, cinnamon, allspice, cloves, nutmeg, 1 tablespoon vinegar, 1 1/2 teaspoons sugar, and 3/4 teaspoon salt and simmer, uncovered, stirring occasionally, until tomatoes have broken down and sauce is slightly thickened, 20 to 30 minutes.
- ☐ While tomatoes simmer, cut an X in bottom of peach, then immerse in boiling water until skin begins to loosen, 10 to 30 seconds.
- ☐ Transfer peach to a bowl of cold water to stop cooking, then peel, pit, and dice (1/3 inch).
- ☐ Discard bay leaves, thyme sprig, and cinnamon stick from tomato mixture, then add diced pork and remaining filling ingredients and simmer, uncovered, stirring occasionally, until fruit is softened but still intact, 8 to 10 minutes. Season with additional salt, sugar, and vinegar.
- ☐ Purée walnuts and almonds in a blender with milk, cheese, 1 tablespoon sugar, and 1/4 teaspoon salt until smooth and silky, about 2 minutes. (Sauce should thickly coat back of a large spoon. If sauce is too thin, add more almonds and puré. If too thick, add more milk.) Season with salt and sugar.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Cut a lengthwise slit in each chile and carefully cut out seeds with kitchen shears, leaving stem intact. (For milder heat, carefully cut out ribs also.)
- ☐ Divide pork filling among chiles, then close, overlapping sides of openings slightly.
- ☐ Transfer, seam sides up, to a 13- by 9-inch shallow baking dish, then cover with foil and bake until just heated through, 15 to 25 minutes.
- ☐ Transfer chiles to plates, carefully turning them seam sides down.

- ☐
- Pour about 1/3 cup walnut sauce over each chile, leaving some of chile visible, then sprinkle chiles with pomegranate seeds.
- ☐
- Serve chiles warm or at room temperature.
- ☐
- Pork can be cooked 1 day ahead. Cool in broth, uncovered, then chill in broth, covered. •Sauce can be made 1 day ahead and chilled, covered. Bring to room temperature before serving. •Chiles can be roasted 1 day ahead. Chill, covered, then pat dry before filling.

Nutrition Facts



Properties

Glycemic Index:83.57, Glycemic Load:7.98, Inflammation Score:-9, Nutrition Score:38.865217561307%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 7.82mg, Luteolin: 7.82mg, Luteolin: 7.82mg, Luteolin: 7.82mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 587.66kcal (29.38%), Fat: 36.34g (55.91%), Saturated Fat: 7.54g (47.1%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 29.89g (10.87%), Sugar: 20.61g (22.9%), Cholesterol: 72.3mg (24.1%), Sodium: 481.56mg (20.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.39g (66.78%), Vitamin C: 148.95mg (180.55%), Manganese: 1.72mg (86.16%), Vitamin B6: 1.37mg (68.3%), Vitamin B1: 0.86mg (57.28%), Vitamin B3: 10.99mg (54.94%), Phosphorus: 539.32mg (53.93%), Vitamin B2: 0.78mg (46.09%), Selenium: 29.68µg (42.4%), Copper: 0.78mg (38.76%), Potassium: 1325.78mg (37.88%), Vitamin E: 5.57mg (37.1%), Fiber: 8.73g (34.94%), Magnesium: 137.19mg (34.3%), Vitamin K: 32.33µg (30.79%), Calcium: 306.46mg (30.65%), Vitamin A: 1368.4IU (27.37%), Zinc: 4.1mg (27.33%), Iron: 4.13mg (22.93%), Vitamin B12: 1.37µg (22.85%), Vitamin B5: 1.7mg (17.02%), Folate: 61.65µg (15.41%), Vitamin D: 1.12µg (7.47%)