



Stuffed Poblano Peppers

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



466 kcal

SIDE DISH

Ingredients

- ☐ 4 ancho chili pepper dried
- ☐ 1 teaspoon pepper black
- ☐ 1.5 cups brown rice (such as Uncle Ben's Ready Rice)
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup cilantro leaves
- ☐ 10 garlic clove minced
- ☐ 1 tablespoon ground cumin
- ☐ 12 ounces ground sirloin 90% lean

- ☐ 1 teaspoon kosher salt divided
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 cups onion chopped
- ☐ 8 large poblano pepper
- ☐ 1.5 cups queso fresco divided crumbled
- ☐ 2 teaspoons sugar
- ☐ 29 ounce tomatoes unsalted diced undrained canned

Equipment

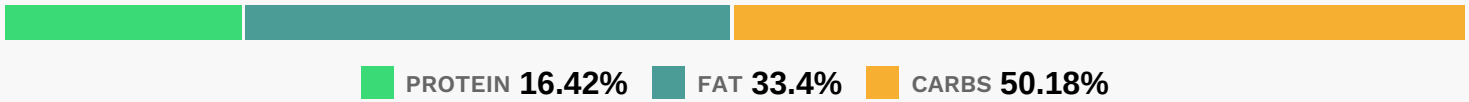
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat broiler.
- ☐ Place poblanos on a foil-lined baking sheet; broil 3 inches from heat 12 minutes or until blackened, turning after 6 minutes.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 15 minutes. Peel and discard skins.
- ☐ Cut a lengthwise slit in each pepper; discard seeds and membranes. Set aside.
- ☐ While poblanos broil, place ancho chiles in a bowl. Cover with boiling water; let stand 10 minutes.
- ☐ Drain.

- ☐ Reduce oven temperature to 40
- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and garlic; cook 4 minutes or until crisp-tender. Reserve half of onion mixture.
- ☐ Add 1/2 teaspoon salt, black pepper, and beef; cook 8 minutes or until beef is done, stirring to crumble.
- ☐ Remove from heat.
- ☐ Add cream cheese, stirring until well combined. Stir in rice and half of queso fresco.
- ☐ Place ancho chiles, reserved onion mixture, juice, cumin, sugar, tomatoes, and remaining 1/2 teaspoon salt in a blender; process until smooth.
- ☐ Pour 1 cup sauce into each of 2 (8-inch) square glass or ceramic baking dishes coated with cooking spray. Open each poblano chile; flatten slightly with hand. Divide beef mixture evenly among chiles (chiles will be very full). Arrange 4 chiles in each dish; top evenly with remaining sauce and queso.
- ☐ Bake at 400 for 20 minutes or until bubbly, or follow freezing instructions.
- ☐ Sprinkle with cilantro after cooking.
- ☐ TO FREEZE: These do best in a shallow vessel, so follow the recipe instructions to use a standard 8-inch square dish. Cover tightly with heavy-duty foil; freeze up to 2 months.
- ☐ TO REHEAT: No thawing step is necessary.
- ☐ Remove foil, and cover dish tightly with plastic wrap. Pierce plastic wrap 4 or 5 times. Microwave at HIGH for 14 to 15 minutes or until thoroughly heated. (We tried oven reheating and don't recommend it.)

Nutrition Facts



Properties

Glycemic Index:33.11, Glycemic Load:18.04, Inflammation Score:-10, Nutrition Score:35.203913128894%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 7.76mg, Luteolin: 7.76mg, Luteolin: 7.76mg, Luteolin: 7.76mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.69mg, Quercetin: 16.69mg, Quercetin: 16.69mg, Quercetin: 16.69mg

Nutrients (% of daily need)

Calories: 465.58kcal (23.28%), Fat: 17.97g (27.65%), Saturated Fat: 6.19g (38.71%), Carbohydrates: 60.75g (20.25%), Net Carbohydrates: 49.42g (17.97%), Sugar: 17.83g (19.81%), Cholesterol: 44.7mg (14.9%), Sodium: 664.51mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.76%), Vitamin C: 154.98mg (187.85%), Vitamin A: 5596.76IU (111.94%), Manganese: 1.97mg (98.25%), Vitamin B6: 1.1mg (54.76%), Fiber: 11.33g (45.34%), Vitamin K: 39.68µg (37.79%), Phosphorus: 363.56mg (36.36%), Potassium: 1188.79mg (33.97%), Vitamin B3: 6.7mg (33.52%), Magnesium: 118.04mg (29.51%), Iron: 4.92mg (27.32%), Vitamin B2: 0.46mg (26.95%), Zinc: 3.94mg (26.3%), Vitamin B1: 0.37mg (24.72%), Calcium: 234mg (23.4%), Vitamin B12: 1.31µg (21.78%), Copper: 0.4mg (20.08%), Vitamin E: 2.78mg (18.54%), Selenium: 12.75µg (18.22%), Folate: 57.52µg (14.38%), Vitamin B5: 1.41mg (14.1%), Vitamin D: 0.66µg (4.4%)