



Stuffed Poblano Peppers

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 1.5 cups corn kernels fresh frozen thawed (from 3 ears)
- ☐ 4 ounces goat cheese crumbled
- ☐ 4 servings kosher salt and pepper black
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 poblano chili peppers
- ☐ 0.8 cup rice long-grain white

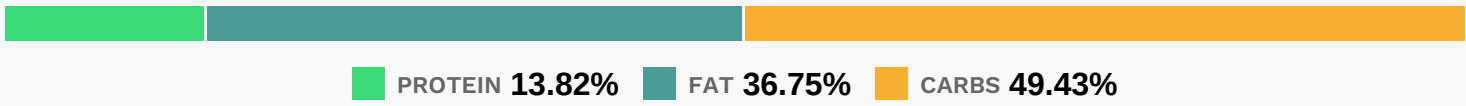
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Adjust oven rack to the highest position; heat broiler. Cook the rice according to the package directions. Meanwhile, cut the poblanos in half lengthwise. Scoop out and discard the seeds.
- ☐ Place the poblanos skin-side up on a foil-lined baking sheet. Broil until the skin is charred black, 2 to 3 minutes.
- ☐ Remove from oven and let cool. In a large bowl, combine the corn, beans, cooked rice, oil, 1 1/4 teaspoons salt, and 1/4 teaspoon pepper. Using your fingers or a paring knife, peel the poblanos and discard the skins. Divide the poblano halves among individual plates. Spoon the rice mixture over the tops and sprinkle with the cheese.
- ☐ Serve at room temperature. Tip: Poblanos (mild green peppers with a sturdy flesh that's perfect for stuffing) are available in many supermarkets. But if you can't find them, try small green bell peppers instead.

Nutrition Facts



Properties

Glycemic Index:28.3, Glycemic Load:21.96, Inflammation Score:-6, Nutrition Score:13.638260846553%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 428.77kcal (21.44%), Fat: 17.85g (27.46%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 54.02g (18.01%), Net Carbohydrates: 46.7g (16.98%), Sugar: 5.87g (6.52%), Cholesterol: 13.04mg (4.35%), Sodium: 580.83mg (25.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.21%), Manganese: 0.81mg (40.42%), Fiber:

7.32g (29.27%), Phosphorus: 274.34mg (27.43%), Copper: 0.47mg (23.54%), Magnesium: 65.66mg (16.42%), Vitamin B1: 0.24mg (16.1%), Folate: 56.91µg (14.23%), Iron: 2.52mg (13.99%), Potassium: 479.98mg (13.71%), Vitamin B2: 0.23mg (13.64%), Vitamin B6: 0.27mg (13.37%), Vitamin K: 11.93µg (11.36%), Vitamin E: 1.68mg (11.17%), Vitamin B3: 2.21mg (11.04%), Selenium: 7.55µg (10.78%), Vitamin B5: 1.08mg (10.77%), Vitamin A: 526.97IU (10.54%), Zinc: 1.55mg (10.36%), Calcium: 81.77mg (8.18%), Vitamin C: 4.7mg (5.7%)