



Tuna- and Potato-Stuffed Ancho Chiles

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



627 kcal

SIDE DISH

Ingredients

- ☐ 6 large ancho chiles
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 large avocado pitted peeled halved cut into 12 slices
- ☐ 1 piece cinnamon sticks
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons mayonnaise

- ☐ 4 ounces baby greens mixed
- ☐ 0.5 cup olive oil
- ☐ 9 ounces piloncillo
- ☐ 1 pound red-skinned potatoes
- ☐ 0.3 teaspoon salt
- ☐ 1 pound ahituna steaks 1-inch-thick
- ☐ 3 cups water
- ☐ 2 tablespoons whipping cream
- ☐ 1 cup distilled vinegar white
- ☐ 0.3 cup onion white chopped

Equipment

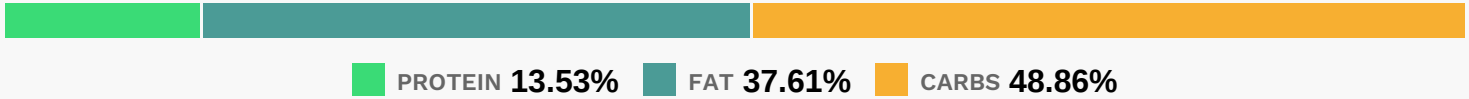
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ skewers

Directions

- ☐ Bring 3 cups water and piloncillo to boil in medium saucepan.
- ☐ Add white vinegar, canela, and salt; simmer until piloncillo has dissolved, stirring often, about 1 minute.
- ☐ Remove from heat.
- ☐ Add chiles and soak until softened, occasionally pressing to submerge, about 1 hour; drain. Pat chiles dry; slit lengthwise and remove seeds.
- ☐ Cook red-skinned potatoes in pot of boiling salted water until skewer easily pierces centers, about 35 minutes.
- ☐ Drain. Cool, peel, and cut potatoes into 1-inch cubes.

- ☐ Prepare barbecue (medium-high heat). Season tuna with salt. Grill until light brown at edges but pink in center, about 3 minutes per side.
- ☐ Cut tuna into 1-inch cubes.
- ☐ Whisk together 1/4 cup oil and next 5 ingredients in large bowl. Fold in potatoes and tuna. Season with salt. Fill chiles with tuna-potato mixture.
- ☐ Whisk remaining 1/4 cup oil, apple cider vinegar, and cilantro in medium bowl. Season with salt. In large bowl, toss greens with 2 tablespoons vinaigrette to coat. Divide salad among plates. Top with chiles and avocado slices; drizzle with some of remaining vinaigrette.
- ☐ *Mexican raw sugar shaped into hard cones. Smaller chunks are sometimes labeled panocha. If neither is available, substitute an equal weight of packed dark brown sugar.
- ☐ **Mexican cinnamon sticks with a delicate, floral flavor.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:30.993913013002%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 626.78kcal (31.34%), Fat: 26.69g (41.07%), Saturated Fat: 7.98g (49.89%), Carbohydrates: 78.05g (26.02%), Net Carbohydrates: 63.97g (23.26%), Sugar: 52.58g (58.42%), Cholesterol: 53.73mg (17.91%), Sodium: 228.52mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.21%), Vitamin A: 9803.66IU (196.07%), Vitamin K: 91.4µg (87.04%), Fiber: 14.08g (56.3%), Vitamin B3: 8.34mg (41.7%), Vitamin B6: 0.83mg (41.44%), Potassium: 1432.9mg (40.94%), Vitamin B2: 0.69mg (40.8%), Vitamin C: 29.2mg (35.39%), Zinc: 4.82mg

(32.15%), Manganese: 0.62mg (31.01%), Selenium: 20.79µg (29.7%), Iron: 4.85mg (26.92%), Phosphorus: 245.25mg (24.52%), Vitamin B12: 1.27µg (21.14%), Magnesium: 79.59mg (19.9%), Folate: 72.92µg (18.23%), Copper: 0.34mg (17.25%), Vitamin E: 2.55mg (17.03%), Vitamin B1: 0.19mg (12.75%), Vitamin B5: 1.08mg (10.76%), Calcium: 67.95mg (6.79%), Vitamin D: 0.16µg (1.1%)