



## Vegetarian Chiles Rellenos

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz tomato sauce canned
- 8 carrots finely chopped
- 2 cloves garlic minced
- 1 tsp ground cumin
- 1 Tbsp oil
- 1 large onion finely chopped
- 2 tsp mexican oregano dried
- 10 small roasted poblano chiles deveined peeled

- 2 lb potatoes red finely chopped ( 6)
- 8 oz mozzarella cheese shredded kraft
- 1 cup water
- 2 small zucchini finely chopped

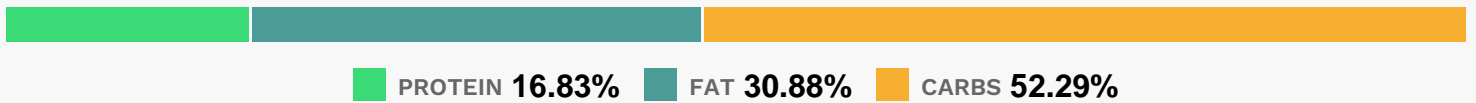
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Heat oil in large skillet on medium-high heat.
- Add onions; cook 5 min. or until crisp-tender, stirring frequently. Stir in garlic; cook 1 min.
- Add water, potatoes and carrots; cover. Cook 10 min.; stir in zucchini. Cook, covered, 5 min. or until all vegetables are tender. Stir in tomato sauce and seasonings; simmer 3 min.
- Spoon into chiles; place in shallow baking dish. Cover.
- Bake 20 min. Top with cheese; bake; uncovered, 5 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:42.17, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:31.841304364412%

## Flavonoids

Luteolin: 7.08mg, Luteolin: 7.08mg, Luteolin: 7.08mg, Luteolin: 7.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg

## Nutrients (% of daily need)

Calories: 393.56kcal (19.68%), Fat: 14.12g (21.72%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 43.44g (15.8%), Sugar: 15.1g (16.78%), Cholesterol: 35.83mg (11.94%), Sodium: 612.25mg (26.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.65%), Vitamin A: 17480.83IU (349.62%), Vitamin C: 154.62mg (187.42%), Potassium: 1754.08mg (50.12%), Vitamin B6: 0.97mg (48.65%), Manganese: 0.83mg (41.48%), Fiber: 10.37g (41.48%), Vitamin K: 40.07µg (38.17%), Phosphorus: 378.79mg (37.88%), Calcium: 333.83mg (33.38%), Copper: 0.5mg (24.89%), Magnesium: 97.98mg (24.5%), Vitamin B1: 0.36mg (24.1%), Folate: 92.07µg (23.02%), Vitamin B3: 4.56mg (22.79%), Vitamin B2: 0.37mg (21.83%), Iron: 3.54mg (19.69%), Zinc: 2.71mg (18.06%), Vitamin E: 2.65mg (17.65%), Vitamin B12: 1.03µg (17.24%), Selenium: 9.46µg (13.51%), Vitamin B5: 1.27mg (12.7%), Vitamin D: 0.18µg (1.21%)