



HEALTH SCORE

100%

Vegetarian Stuffed Poblano Peppers



Vegetarian



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- 1.3 ounce chili seasoning
- 2 tablespoons olive oil
- 0.5 cup pepper jack cheese shredded
- 4 poblano peppers
- 12 ounce vegetarian burger crumbles

Equipment

- frying pan
- baking sheet

sauce pan

oven

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Bring a large saucepan of water to a boil. Slice the poblanos in half lengthwise and remove the seeds and stems.

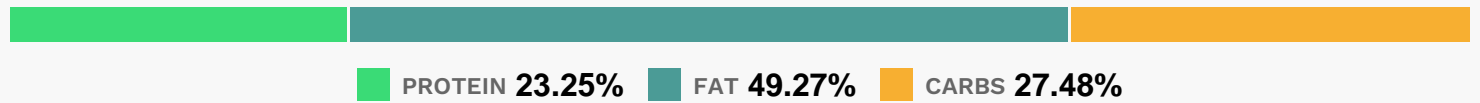
Place cleaned peppers in boiling water; cook until soft, about 4 minutes.

Drain.

Heat olive oil in a large skillet. Stir in vegetarian crumbles and chili seasoning mix. Cook, stirring, until crumbles are hot, about 5 minutes. Fill the cooked peppers with the seasoned crumbles; top with pepperjack cheese. Arrange stuffed peppers on a baking sheet.

Place peppers in preheated oven until cheese is melted, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:33.607391173425%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 313.89kcal (15.69%), Fat: 17.98g (27.66%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 13.28g (4.83%), Sugar: 4.75g (5.28%), Cholesterol: 16.82mg (5.61%), Sodium: 578.41mg (25.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Vitamin B1: 2.35mg (156.86%), Vitamin C: 99.58mg (120.71%), Vitamin A: 4926.05IU (98.52%), Manganese: 1.1mg (54.82%), Fiber: 9.28g (37.13%), Vitamin B6: 0.73mg (36.25%), Selenium: 21.83µg (31.18%), Folate: 124.24µg (31.06%), Vitamin B12: 1.83µg (30.45%), Phosphorus: 289.53mg (28.95%), Vitamin E: 4.26mg (28.39%), Calcium: 253.3mg (25.33%), Iron: 4.47mg (24.82%), Vitamin B2: 0.4mg (23.82%), Vitamin B3: 4.66mg (23.32%), Vitamin K: 24.06µg (22.91%), Potassium: 704.96mg (20.14%), Magnesium: 79.11mg (19.78%), Copper: 0.32mg (15.82%), Zinc: 2.03mg (13.56%), Vitamin B5: 0.62mg (6.16%)