



White Corn Crusted Chile Relleno Filled with Roasted Beets and Goat Cheese with Grilled Vegetable Salad

 Vegetarian

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READY IN

ready

24 min.

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SERVINGS

servings

8

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CALORIES

calories

885 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings grilled asparagus whole
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 large beet diced peeled finely
- ☐ 8 servings beets sliced
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup cilantro leaves finely chopped

- ☐ 1.5 cups beer dark
- ☐ 1 tablespoons dijon mustard
- ☐ 2 large eggs lightly beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup goat cheese crumbled
- ☐ 0.5 cup milk
- ☐ 0.5 cup monterrey jack cheese grated
- ☐ 0.5 cup olive oil
- ☐ 4 cups vegetable oil; peanut oil preferred
- ☐ 8 poblano peppers peeled seeded
- ☐ 8 servings salt and pepper freshly ground
- ☐ 4 cups cornmeal white
- ☐ 8 servings grilled zucchini sliced in half

Equipment

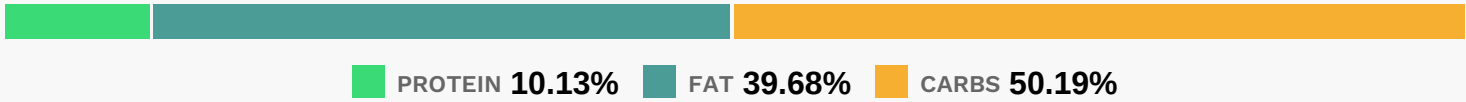
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, combine the above ingredients and mix well. Season with salt and pepper to taste, set aside.
- ☐ Mix together the beets, cheeses and cilantro and season with salt and pepper to taste. Stuff each pepper with approximately 3 tablespoons of the mixture. Batter lightly and dredge in the cornmeal. In a large frying pan, heat the oil to 370 degrees F. Fry the peppers in batches, turning until lightly brown, about 4 minutes.
- ☐ Drain briefly on paper towels.
- ☐ Serve hot with vegetables tossed in balsamic vinaigrette.

- ☐
- Whisk together the vinegar and mustard in a small bowl.
- ☐
- Slowly drizzle in the olive oil and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:27.94, Inflammation Score:-9, Nutrition Score:33.927826207617%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 6mg, Luteolin: 6mg, Luteolin: 6mg, Luteolin: 6mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 884.66kcal (44.23%), Fat: 38.78g (59.66%), Saturated Fat: 10.75g (67.22%), Carbohydrates: 110.38g (36.79%), Net Carbohydrates: 96.05g (34.93%), Sugar: 13.23g (14.7%), Cholesterol: 68.67mg (22.89%), Sodium: 446.13mg (19.4%), Alcohol: 1.73g (100%), Alcohol %: 0.38% (100%), Protein: 22.27g (44.54%), Vitamin C: 101.05mg (122.49%), Manganese: 1.31mg (65.38%), Folate: 232.81µg (58.2%), Fiber: 14.33g (57.31%), Vitamin B1: 0.69mg (45.68%), Vitamin B6: 0.91mg (45.61%), Phosphorus: 448.93mg (44.89%), Magnesium: 155.87mg (38.97%), Iron: 6.74mg (37.44%), Vitamin B2: 0.55mg (32.49%), Vitamin E: 4.87mg (32.49%), Selenium: 20.47µg (29.25%), Potassium: 1015.09mg (29%), Vitamin B3: 5.8mg (28.98%), Vitamin B5: 2.82mg (28.22%), Zinc: 3.97mg (26.45%), Copper: 0.51mg (25.5%), Vitamin A: 899.13IU (17.98%), Calcium: 147.96mg (14.8%), Vitamin K: 14.02µg (13.35%), Vitamin B12: 0.29µg (4.9%), Vitamin D: 0.52µg (3.45%)