



Ziti with Poblanos and Chipotle Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon chipotles in adobo canned chopped
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 tablespoons olive oil
- ☐ 2.3 cups onion thinly sliced
- ☐ 0.5 pound poblano pepper fresh stemmed seeded thinly sliced lengthwise
- ☐ 8 servings pumpkin seeds raw green hulled toasted (pepitas)
- ☐ 1 cup roasted peppers red chopped
- ☐ 1 cup spring onion chopped (1 bunch)

- ☐ 1.5 cups cream sour
- ☐ 1 pound penne pasta

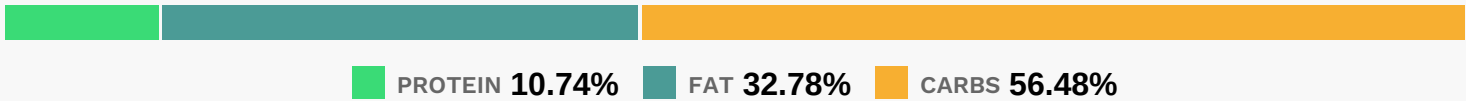
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Cook onion, poblanos, and 1/2 teaspoon salt in oil in a heavy medium pot over medium heat, covered, stirring occasionally, until onion is golden, 8 to 10 minutes.
- ☐ Add red peppers and cook, stirring occasionally, until onion is tender, 2 to 3 minutes.
- ☐ Meanwhile, cook ziti in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until al dente. Reserve 1 cup cooking water, then drain ziti.
- ☐ While ziti cooks, purée chipotles with sour cream in a blender.
- ☐ Add purée to onion mixture with scallions, cilantro, 1/4 cup cooking water, and 1/2 teaspoon salt and bring to a simmer, stirring.
- ☐ Add ziti and toss, moistening with additional cooking water if desired. Season with salt.
- ☐ green salad

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:18.23, Inflammation Score:-7, Nutrition Score:14.356086886447%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

Nutrients (% of daily need)

Calories: 364.46kcal (18.22%), Fat: 13.38g (20.59%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 48.03g (17.47%), Sugar: 6.01g (6.67%), Cholesterol: 25.44mg (8.48%), Sodium: 261.38mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.73%), Selenium: 37.88µg (54.11%), Vitamin C: 37.15mg (45.03%), Manganese: 0.71mg (35.64%), Vitamin K: 32.59µg (31.03%), Phosphorus: 179.35mg (17.94%), Fiber: 3.86g (15.43%), Magnesium: 52.17mg (13.04%), Vitamin B6: 0.26mg (12.83%), Copper: 0.26mg (12.78%), Vitamin A: 624.08IU (12.48%), Potassium: 366.44mg (10.47%), Folate: 35.87µg (8.97%), Calcium: 85.65mg (8.57%), Vitamin B2: 0.14mg (8.48%), Zinc: 1.22mg (8.11%), Iron: 1.44mg (8.03%), Vitamin B1: 0.11mg (7.39%), Vitamin B3: 1.41mg (7.05%), Vitamin E: 0.95mg (6.31%), Vitamin B5: 0.5mg (4.99%), Vitamin B12: 0.09µg (1.51%)