

Chili-Stuffed Poblano Peppers

Lorrie Grabczynski - Commerce Township, MI
Taste of Home Magazine

Servings: 4

1 pound lean ground turkey (or beef)
1 can (15 ounce) chili without beans
1/4 teaspoon salt
1 1/2 cups shredded Mexican cheese blend, divided
1 medium tomato, finely chopped
4 green onions, chopped
4 large poblano peppers
1 tablespoon olive oil

Preheat the broiler.

In a large skillet over medium heat, cook the meat, crumbling, until no longer pink, 5 to 7 minutes. Drain.

Add the chili and salt. Heat through. Stir in one-half cup of the cheese, tomato and green onions.

Cut the peppers lengthwise in half. Remove the seeds. Place on a foil-lined 15x10x1-inch baking pan, cut side down. Brush with oil.

Broil four inches from the heat until the skins blister, about 5 minutes.

With tongs, turn the peppers. Fill with the meat mixture. Sprinkle with the remaining cheese.

Broil until the cheese is melted, 1 to 2 minutes longer.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 65 Calories; 4g Fat (45.0% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 143mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.

Beef, Mexican

Per Serving Nutritional Analysis

Calories (kcal):	65	Vitamin B6 (mg):	.2mg
% Calories from Fat:	45.0%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates:	45.4%
% Calories from Protein:	9.6%
Total Fat (g):	4g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	143mg
Potassium (mg):	314mg
Calcium (mg):	24mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	154mg
Vitamin A (i.u.):	711IU
Vitamin A (r.e.):	71RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 65	Calories from Fat: 29
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% Daily Values*

Total Fat 4g	6%
Saturated Fat trace	2%
Cholesterol 0mg	0%
Sodium 143mg	6%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	7%
Protein 2g	
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Vitamin A	14%
Vitamin C	257%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.