

# Authentic Chiles Rellenos

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chiles-rellenos-recipe-mexican>

## Ingredients:

- salsa
- 5 Roma tomatoes large
- 1 small onion diced
- 2 teaspoons garlic fresh diced
- 1 teaspoon lime juice fresh squeezed
- salt to taste
- chiles Rellenos:
  - 4 poblano peppers large
  - 8 ounces cheese your choice, Monterey Jack is recommended
  - 4 large eggs
  - 1 cup vegetable oil
  - salt to taste

## Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 275 milligrams
4. Fat: 80 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 18 grams
8. Sodium: 940 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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