



## Asian Stuffed Peppers

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 ounces angel hair pasta chinese-style uncooked
- 0.5 cup julienne-cut carrot ( )
- 2 teaspoons sesame oil dark
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves minced
- 2 tablespoons hoisin sauce
- 1 tablespoon soya sauce low-sodium
- 2 large bell peppers red

- 0.5 cup snow peas diagonally sliced
- 6 ounces spicy tofu firm cubed

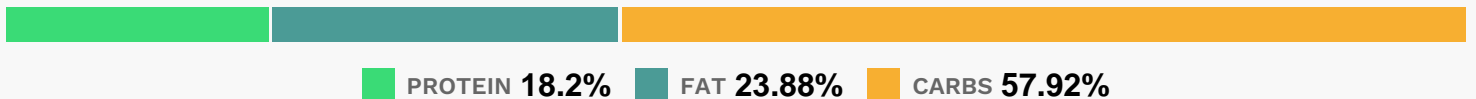
## Equipment

- bowl
- frying pan
- plastic wrap
- microwave

## Directions

- Cook noodles according to package directions, omitting salt and fat; drain.
- Cut each bell pepper in half lengthwise, and discard seeds and membranes. Arrange pepper halves in a 9-inch pie plate. Cover with heavy-duty plastic wrap. Microwave at high 5 minutes or until crisp-tender; drain. Return peppers to pie plate.
- Combine tofu, hoisin sauce, and soy sauce in a small bowl; set aside.
- Heat oil in a nonstick skillet over medium-high heat.
- Add garlic; saut 15 seconds.
- Add peas and carrot; saut 3 minutes or until vegetables are tender.
- Add tofu mixture; saut for 1 minute or until thoroughly heated. Stir in noodles. Divide noodle mixture evenly among pepper halves; sprinkle each pepper half with 1 1/2 teaspoons cilantro.

## Nutrition Facts



## Properties

Glycemic Index:98.92, Glycemic Load:14.19, Inflammation Score:-10, Nutrition Score:24.01739116337%

## Flavonoids

Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 348.64kcal (17.43%), Fat: 9.48g (14.58%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 44.36g (16.13%), Sugar: 15.03g (16.7%), Cholesterol: 0.48mg (0.16%), Sodium: 583.04mg (25.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Vitamin C: 227.62mg (275.9%), Vitamin A: 10775.3IU (215.51%), Manganese: 0.74mg (37.03%), Selenium: 23.52µg (33.6%), Vitamin B6: 0.67mg (33.57%), Fiber: 7.37g (29.48%), Folate: 105.73µg (26.43%), Vitamin E: 3.08mg (20.55%), Vitamin K: 20.34µg (19.37%), Potassium: 637.78mg (18.22%), Iron: 3.12mg (17.33%), Calcium: 159.55mg (15.95%), Phosphorus: 157.94mg (15.79%), Vitamin B2: 0.26mg (15.1%), Vitamin B3: 2.97mg (14.87%), Magnesium: 58.4mg (14.6%), Vitamin B1: 0.19mg (12.56%), Vitamin B5: 1mg (10%), Copper: 0.2mg (9.92%), Zinc: 1.2mg (8.03%)