



HEALTH SCORE

51%

Baked Stuffed Peppers



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 oz bell peppers
- ☐ 0.3 cup bread crumbs dried
- ☐ 14 oz canned tomatoes diced with juice canned
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup rice white cooked
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 pound ground beef lean
- ☐ 4 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 425F; line a large, rimmed baking sheet with foil. Bring a large pot of water to a boil over high heat.
- ☐ Cut off stem end of each pepper, about 1/2 inch down, and use a tablespoon to scoop out seeds and membrane. If peppers don't sit upright, slice a sliver from bottom, being careful not to cut into the peppers, so they sit level while they bake.
- ☐ Add peppers to pot and bring water back to a rapid boil. Cook until slightly softened, 8 to 10 minutes.
- ☐ While peppers are cooking, warm 2 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Add onion and saut until softened, about 3 minutes.
- ☐ Add beef and cook, stirring, until crumbled and no longer pink, about 3 minutes.
- ☐ Add tomatoes, cinnamon, cloves and rice. Stir until almost all liquid is absorbed, about 3 minutes. Season with salt and pepper. You should have about 4 cups filling.
- ☐ Using tongs, remove peppers from water and drain, inverted, on paper towels. Pack each pepper with about 1 cup filling. Arrange peppers on baking sheet, sprinkle with bread crumbs and drizzle with remaining 2 Tbsp. oil.
- ☐ Bake until browned, about 15 minutes.

Nutrition Facts



 **PROTEIN 25.85%**  **FAT 40.4%**  **CARBS 33.75%**

Properties

Glycemic Index:52.75, Glycemic Load:17.41, Inflammation Score:-10, Nutrition Score:36.61739099544%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 459.81kcal (22.99%), Fat: 21.14g (32.53%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 31.99g (11.63%), Sugar: 15.5g (17.23%), Cholesterol: 70.31mg (23.44%), Sodium: 460.24mg (20.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.87%), Vitamin C: 301.47mg (365.42%), Vitamin A: 7315.81IU (146.32%), Vitamin B6: 1.33mg (66.61%), Vitamin B3: 10.31mg (51.53%), Vitamin E: 7.2mg (48%), Zinc: 6.95mg (46.35%), Vitamin B12: 2.56µg (42.73%), Manganese: 0.85mg (42.51%), Selenium: 25.37µg (36.25%), Potassium: 1231.36mg (35.18%), Phosphorus: 351.63mg (35.16%), Folate: 136.57µg (34.14%), Fiber: 7.75g (31.01%), Iron: 5.54mg (30.79%), Vitamin B2: 0.47mg (27.48%), Vitamin K: 25.95µg (24.72%), Vitamin B1: 0.33mg (21.96%), Magnesium: 82.88mg (20.72%), Vitamin B5: 1.95mg (19.49%), Copper: 0.36mg (18.21%), Calcium: 86mg (8.6%)