



Beef and Couscous Stuffed Baby Bell Peppers

READY IN



75 min.

SERVINGS



30

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 15 baby bell peppers sweet (2-)
- ☐ 0.3 cup regular couscous whole wheat uncooked
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup italian-blend cheese shredded white reduced-fat
- ☐ 0.5 teaspoon oregano leaves dried
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup pkt spinach frozen dry thawed chopped

☐ 0.7 cup spicy vegetable juice 100%

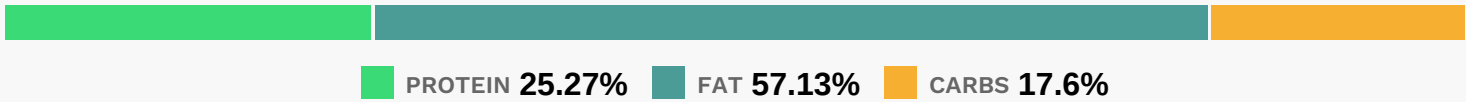
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ Cut bell peppers in half lengthwise; remove seeds and membranes, but not stem.
- ☐ Place peppers, cut-sides up, on two rimmed baking sheets.
- ☐ Combine ground beef, vegetable juice, spinach, couscous, garlic, oregano, salt and black pepper in large bowl, mixing lightly but thoroughly. Spoon beef mixture evenly into peppers.
- ☐ Sprinkle with cheese.
- ☐ Bake, uncovered, in 400 degrees F oven 25 to 30 minutes or until instant-read thermometer inserted into center of pepper registers 160 degrees F and peppers begin to brown.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:4.3765217315244%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 55.81kcal (2.79%), Fat: 3.56g (5.48%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.79g (0.87%), Cholesterol: 11.11mg (3.7%), Sodium: 64.42mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin C: 19.72mg (23.9%), Vitamin A: 788.24IU (15.76%),

Vitamin K: 10.9µg (10.38%), Vitamin B12: 0.32µg (5.39%), Vitamin B6: 0.1mg (4.93%), Zinc: 0.7mg (4.65%), Vitamin B3: 0.84mg (4.21%), Selenium: 2.47µg (3.53%), Phosphorus: 31.66mg (3.17%), Folate: 11.65µg (2.91%), Manganese: 0.06mg (2.8%), Potassium: 93.8mg (2.68%), Iron: 0.45mg (2.52%), Vitamin B2: 0.04mg (2.45%), Vitamin E: 0.37mg (2.43%), Fiber: 0.51g (2.05%), Magnesium: 7.03mg (1.76%), Vitamin B5: 0.14mg (1.43%), Calcium: 13.06mg (1.31%), Vitamin B1: 0.02mg (1.29%), Copper: 0.02mg (1.01%)