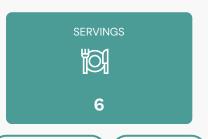


Beef and Rice Stuffed Bell Peppers

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

| 1 cup beef broth | | | | |
|--|--|--|--|--|
| 6 bell peppers | | | | |
| O.5 teaspoon pepper black freshly ground | | | | |
| 1.5 cups rice cooked | | | | |
| 1 tablespoon flat-leaf parsley fresh divided chopped | | | | |
| 4 cloves garlic minced | | | | |
| 1.5 pounds ground beef lean | | | | |

0.5 onion very thinly sliced

| | 0.5 cup freshly parmigiano-reggiano cheese shredded | | | | |
|----|---|--|--|--|--|
| | 0.3 teaspoon pepper flakes red | | | | |
| | 2 teaspoons salt | | | | |
| | 0.5 cup chunky tomato sauce divided | | | | |
| Εq | uipment | | | | |
| | frying pan | | | | |
| | baking sheet | | | | |
| | baking paper | | | | |
| | oven | | | | |
| | mixing bowl | | | | |
| | baking pan | | | | |
| | aluminum foil | | | | |
| Di | rections | | | | |
| | Preheat oven to 375 degrees F (190 degrees C). | | | | |
| | Slice the top 1/2 inch from the tops of peppers and cut out the stems from the tops. | | | | |
| | Cut the core from the inside of the peppers and strip away any seeds. | | | | |
| | Cut away a very thin slice of pepper from the bottoms so the peppers can stand upright. Poke about 4 tiny holes in the bottoms to let juices drain out. | | | | |
| | Pour 2 1/2 cups tomato sauce into a 9x13-inch baking dish. | | | | |
| | Add onion, beef broth, and red pepper flakes; spread out mixture evenly over the bottom. Set prepared bell peppers upright in the dish. | | | | |
| | Combine ground beef, cooked rice, Parmigiano-Reggiano cheese, 1/4 cup parsley, 2 tablespoons tomato sauce, garlic, salt, and black pepper in a large mixing bowl. | | | | |
| | Lightly stuff peppers with meat mixture. | | | | |
| | Spread 1 tablespoon remaining tomato sauce on top of each portion of stuffing; place reserved tops onto peppers. | | | | |
| | Lay a piece of parchment paper loosely on top of peppers and cover dish tightly with foil. | | | | |
| | Lay dish on a baking sheet. | | | | |

| | Bake in preheated oven for 1 hour. Peppers should be starting to soften. | | | | | | | |
|-----------------|--|------------------|---------|-------|--|--|--|--|
| | Remove foil and parchment paper. Continue to bake until meat filling is cooked through and | | | | | | | |
| | the peppers are tender, 20 to 30 more minutes. | | | | | | | |
| | Sprinkle each pepper with 1/2 teaspoon parsley and drizzle with a spoonful of pan juices. | | | | | | | |
| Nutrition Facts | | | | | | | | |
| | | | | | | | | |
| | PROTEIN 42.96 % | FAT 26.9% | CARBS 3 | 0.14% | | | | |

Properties

Glycemic Index:55.67, Glycemic Load:14.28, Inflammation Score:-10, Nutrition Score:27.53434779333%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.46mg, Isorhamnetin: 0.46mg, I

Nutrients (% of daily need)

Calories: 285.55kcal (14.28%), Fat: 8.48g (13.05%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 18.13g (6.59%), Sugar: 6.23g (6.93%), Cholesterol: 75.97mg (25.32%), Sodium: 1236.71mg (53.77%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 30.48g (60.95%), Vitamin C: 155.94mg (189.02%), Vitamin A: 3961.52IU (79.23%), Vitamin B6: 0.9mg (44.89%), Vitamin B12: 2.67µg (44.47%), Zinc: 6.59mg (43.94%), Vitamin B3: 8.14mg (40.67%), Selenium: 25.45µg (36.35%), Phosphorus: 347.62mg (34.76%), Potassium: 776.27mg (22.18%), Manganese: 0.43mg (21.48%), Iron: 3.75mg (20.85%), Vitamin B2: 0.34mg (20.27%), Vitamin K: 18.25µg (17.38%), Vitamin E: 2.57mg (17.12%), Folate: 67.68µg (16.92%), Vitamin B5: 1.4mg (13.97%), Calcium: 134.55mg (13.46%), Magnesium: 53.68mg (13.42%), Fiber: 3.25g (13.02%), Vitamin B1: 0.14mg (9.12%), Copper: 0.18mg (8.76%), Vitamin D: 0.16µg (1.03%)