



Beef and Rice Stuffed Bell Peppers

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 6 bell peppers
- ☐ 0.5 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

Equipment

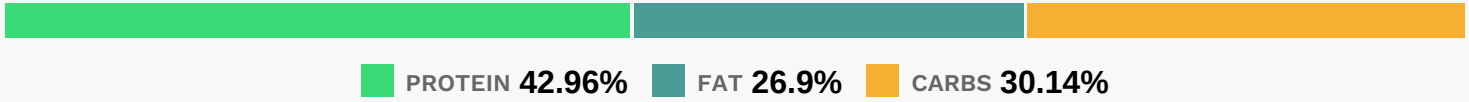
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ 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



Properties

Glycemic Index:55.67, Glycemic Load:14.28, Inflammation Score:-10, Nutrition Score:27.534347793333%

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 Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

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 %: 0% (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%)