



Beef-and-Rice-Stuffed Peppers

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 medium bell peppers seeds removed
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1 large carrots diced peeled
- ☐ 1 stalk celery diced
- ☐ 1 cup brown rice cooked
- ☐ 2 cloves garlic minced
- ☐ 8 ounces ground beef lean 90 percent
- ☐ 1 cup monterey jack grated

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 onion diced yellow

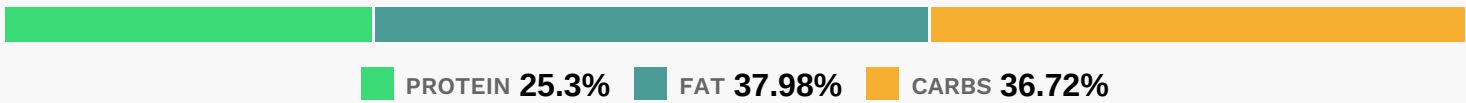
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 375F. Bring a large pot of water to a boil. Once boiling, add peppers and pepper tops and cook until tender, 6 to 7 minutes.
- ☐ Remove peppers from water and invert to drain fully.
- ☐ Make filling: Warm olive oil in a large frying pan over medium-high heat.
- ☐ Add onion and cook, stirring occasionally, until translucent, about 4 minutes.
- ☐ Add carrot, celery and garlic and continue cooking until vegetables are just softened, 4 minutes longer.
- ☐ Add beef, salt and pepper and cook, breaking up large chunks, until meat is no longer pink, about 7 minutes.
- ☐ Add tomatoes and rice and cook 5 minutes longer. Stir in 3/4 cup cheese.
- ☐ Fill peppers with meat mixture, dividing evenly.
- ☐ Sprinkle mixture with remaining cheese and top with pepper lid.
- ☐ Bake until cheese is melted and peppers are heated through, about 5 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:52.84, Glycemic Load:7.54, Inflammation Score:-10, Nutrition Score:24.97260868031%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 247.44kcal (12.37%), Fat: 10.82g (16.65%), Saturated Fat: 4.94g (30.88%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 18.3g (6.65%), Sugar: 9.55g (10.62%), Cholesterol: 40.2mg (13.4%), Sodium: 635.68mg (27.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.44%), Vitamin C: 161.21mg (195.4%), Vitamin A: 6054.95IU (121.1%), Manganese: 0.73mg (36.45%), Vitamin B6: 0.72mg (35.87%), Phosphorus: 249.52mg (24.95%), Vitamin B3: 4.7mg (23.5%), Vitamin E: 3.33mg (22.22%), Zinc: 3.26mg (21.72%), Fiber: 5.25g (20.98%), Potassium: 714.59mg (20.42%), Folate: 78.48µg (19.62%), Calcium: 193.17mg (19.32%), Vitamin B2: 0.29mg (17.2%), Vitamin B12: 1µg (16.72%), Iron: 2.76mg (15.35%), Magnesium: 60.52mg (15.13%), Vitamin K: 15.62µg (14.88%), Selenium: 10.13µg (14.47%), Vitamin B1: 0.19mg (12.48%), Copper: 0.23mg (11.48%), Vitamin B5: 1.06mg (10.6%), Vitamin D: 0.15µg (1.01%)