



HEALTH SCORE

100%

Bela's Stuffed Red Bell Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown rice uncooked
- ☐ 15 ounce black-eyed peas rinsed drained canned
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.3 onion chopped
- ☐ 4 bell peppers red seeds removed
- ☐ 4 servings salt and pepper black to taste
- ☐ 2 large swiss chard leaves chopped

☐ 2.3 cups water

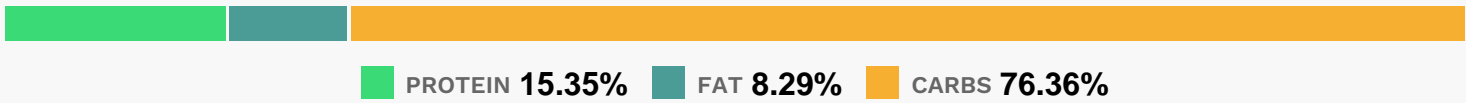
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bring the brown rice and water to a boil in a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray.
- ☐ Place the red peppers on the prepared baking sheet, and bake until tender, about 15 minutes.
- ☐ Heat the olive oil in a skillet over medium heat, and cook and stir the onion and garlic until the onion is translucent, about 5 minutes. Stir in the black-eyed peas and chard. Bring the mixture to a simmer, and cook until the chard is wilted, 5 to 8 minutes.
- ☐ Mix in the cooked brown rice, sprinkle with salt and pepper to taste, and lightly stuff the mixture into the red peppers.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:28.47, Inflammation Score:-10, Nutrition Score:36.13391272918%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 344.6kcal (17.23%), Fat: 3.26g (5.01%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 67.46g (22.49%), Net Carbohydrates: 55.91g (20.33%), Sugar: 9.08g (10.09%), Cholesterol: 0mg (0%), Sodium: 263.03mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.56g (27.12%), Vitamin K: 207.49µg (197.61%), Vitamin C: 160.92mg (195.06%), Manganese: 2.54mg (126.92%), Vitamin A: 5209.95IU (104.2%), Folate: 290.08µg (72.52%), Fiber: 11.56g (46.23%), Magnesium: 160.39mg (40.1%), Vitamin B6: 0.75mg (37.25%), Phosphorus: 337.51mg (33.75%), Vitamin B1: 0.49mg (32.73%), Copper: 0.51mg (25.41%), Iron: 4.51mg (25.08%), Potassium: 781mg (22.31%), Vitamin B3: 3.85mg (19.26%), Vitamin E: 2.78mg (18.52%), Zinc: 2.76mg (18.38%), Vitamin B5: 1.58mg (15.82%), Vitamin B2: 0.21mg (12.07%), Calcium: 70.18mg (7.02%), Selenium: 3.24µg (4.63%)