

Bell Pepper Stuffing

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- 0.3 cup pasilla peppers green chopped
- 0.3 cup pasilla peppers red chopped
- 6 oz stove top savory herbs stuffing mix

Equipment

Directions

- Prepare stuffing mix as directed on package, adding peppers with the stuffing mix.

Nutrition Facts

PROTEIN 11.66% FAT 8.06% CARBS 80.28%

Properties

Glycemic Index:7, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:5.4817391932011%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 112.29kcal (5.61%), Fat: 0.99g (1.53%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 21.12g (7.68%), Sugar: 2.75g (3.06%), Cholesterol: 0.28mg (0.09%), Sodium: 398.75mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Selenium: 13.61µg (19.45%), Vitamin C: 12.94mg (15.68%), Folate: 51.1µg (12.78%), Vitamin B1: 0.18mg (11.72%), Manganese: 0.18mg (9.15%), Vitamin B3: 1.73mg (8.63%), Vitamin B2: 0.12mg (7.15%), Iron: 1.13mg (6.27%), Fiber: 1.14g (4.57%), Vitamin A: 217.92IU (4.36%), Phosphorus: 42.83mg (4.28%), Vitamin B6: 0.08mg (3.75%), Copper: 0.07mg (3.63%), Magnesium: 12.71mg (3.18%), Calcium: 28.55mg (2.86%), Potassium: 93.7mg (2.68%), Zinc: 0.29mg (1.91%), Vitamin E: 0.23mg (1.53%), Vitamin B5: 0.14mg (1.39%), Vitamin K: 1.08µg (1.02%)