






 **49%**  
HEALTH SCORE

# Blast Of Color Mexican Stuffed Bell Peppers

 **Gluten Free**

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**487 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 4 large bell pepper halved seeded
- 4 large bell pepper halved seeded
- 1 cup black beans rinsed drained
- 2 cups rotisserie chicken cut chopped
- 2 tablespoons pepper flakes diced green fire roasted
- 2 teaspoons chili seasoning
- 1 cup brown rice cooked
- 1 cup corn kernels frozen

- 4 servings garlic crushed
- 4 tablespoons cheddar cheese shredded low fat
- 0.3 cup onion diced red
- 1 large roma tomatoes seeded chopped
- 4 tablespoons cream light sour

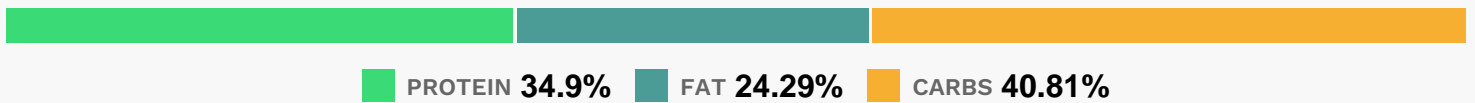
## Equipment

- bowl
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 400 degrees.
- Combine rice, chicken, corn, tomato, onion, black beans, 1/2 cup cheese, garlic, green chile, and chili seasoning in a large bowl. Line a baking dish with foil and spray with cooking spray. Stuff bell peppers with chicken mixture by firmly pressing mixture into the pepper and mounding on top. Top each pepper with 1/2 tablespoon of cheese.
- Bake for 30 40 minutes until pepper is just tender. Top with 1/2 tablespoon sour cream.

## Nutrition Facts



## Properties

Glycemic Index:75.3, Glycemic Load:12.5, Inflammation Score:-10, Nutrition Score:31.43652173913%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

## Taste

Sweetness: 33.6%, Saltiness: 100%, Sourness: 15.98%, Bitterness: 15.16%, Savoriness: 64.25%, Fattiness: 56.36%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 487.28kcal (24.36%), Fat: 13.77g (21.18%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 38.83g (14.12%), Sugar: 17.04g (18.94%), Cholesterol: 119.23mg (39.74%), Sodium: 564.41mg (24.54%), Protein: 44.5g (89%), Vitamin C: 435.19mg (527.5%), Vitamin A: 11038.09IU (220.76%), Manganese: 1.25mg (62.54%), Folate: 240.69µg (60.17%), Vitamin B6: 1.2mg (59.92%), Fiber: 13.21g (52.83%), Vitamin E: 5.69mg (37.94%), Potassium: 1077.74mg (30.79%), Magnesium: 105.52mg (26.38%), Phosphorus: 261.85mg (26.19%), Vitamin B1: 0.38mg (25.17%), Vitamin B3: 4.82mg (24.09%), Vitamin B2: 0.4mg (23.77%), Vitamin K: 19.34µg (18.42%), Iron: 3.12mg (17.35%), Vitamin B5: 1.58mg (15.77%), Zinc: 2.06mg (13.76%), Copper: 0.24mg (12.04%), Calcium: 99.27mg (9.93%), Selenium: 3.05µg (4.36%), Vitamin B12: 0.08µg (1.41%)